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- *New-fashioned favorites*
- *BONUS! 20 quick Bisquick variations*

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86
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$2.75 U.S. $2.95 Canada

Printed in U.S.A. BCE0086

Betty Crocker®

25 Easy Main Dishes

Bisquick®

Classics and New Favorites

Spooky Halloween Tree
(page 86)

Kathleen Horton
Creative Director

Diane M. Carlson
Senior Editor

Elyse Cohen
Nutritionist

Make it easy with Bisquick!

Bisquick makes all your cooking a snap! From pancakes to shortcakes, this issue is packed with easy-to-prepare recipes that have the great home-made taste your family loves.

It was love at first bite when I tasted Cherry-Almond Tart (page 75). I knew it was perfect for the cover! It's so simple to make and guaranteed to win raves. There were lots of oohs and aahs when Pumpkin-Hazelnut Torte (page 74) was presented at taste panel. It looks and tastes fantastic.

Our test kitchen home economist, Mary Johnson, and technician, Phyllis Kral, had lots of fun cooking up Bisquick Fun Dough (page 51) for the Spooky Halloween Tree (page 86). My daughter's Girl Scout troop had even more fun making the centerpieces. They will delight even the youngest Halloween goblins.

These are just a few of the many simple, quick and delicious recipes waiting for you to try. I hope you and your family enjoy them.

Diane M Carlson

Pictured on front cover: Cherry-Almond Tart (page 75)
Pictured on back cover: Pizza Pot Pies (page 60)

Senior Editor/Editor
Diane M. Carlson

Creative Director/
Art Director
Kathleen Horton

Nutritionist
Elyse Cohen, M.S.

Photographer
Nanci Doonan Dixon

Food Stylist
Cindy Lund

Production Coordinator
Tamara Johnson

Betty Crocker Creative Recipes No. 86, November 1993

Betty Crocker Creative Recipes (ISSN 1044-7369) is published monthly by General Mills, Inc., P.O. Box 1113, Minneapolis, MN 55440

Subscriptions: In U.S.A., 12 issues $28.20, 18 issues $43.50. Subscriptions outside U.S.A. must be prepaid in U.S. funds: for 12 issues $36 in Canada, $65 elsewhere.

For subscription service or change of address, please write to Betty Crocker Creative Recipes, Subscriber Service, P.O. Box 20[illegible], Marion, OH 43305

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Bisquick®

Classics and New Favorites

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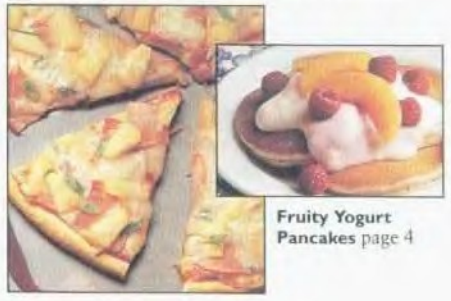


Fruity Yogurt Pancakes page 4

Canadian Bacon Pizza page 42

For extra zest, serve these Tex-Mex inspired pancakes with spicy salsa.

Mexican Pancake Roll-ups

16 four-inch uncooked pork sausage links
1½ cups salsa
1½ cups Bisquick Original baking mix
½ cup yellow cornmeal
1¼ cups milk
1 teaspoon chili powder
2 eggs
1 can (8 ounces) whole kernel corn, drained

COOK sausage links until brown and well done; drain and keep warm. Heat salsa until hot; keep warm.

HEAT griddle or skillet; grease if necessary. Beat remaining ingredients with wire whisk or hand beater until well blended. Pour batter by ¼ cupfuls onto hot griddle.

COOK until edges are dry. Turn; cook until golden brown. Immediately roll 1 pancake around each sausage link. Serve salsa over roll-ups.

16 pancake roll-ups.

Nutrition Information Per Serving

1 roll-up		Percent of U.S. RDA	
Calories	150	Protein	8%
Protein, g	6	Vitamin A	4%
Carbohydrate, g	16	Vitamin C	2%
Fat, g	7	Thiamin	14%
Cholesterol, mg	40	Riboflavin	10%
Sodium, mg	630	Niacin	8%
Potassium, mg	200	Calcium	6%
		Iron	6%

Puffy Oven Pancake

2 cups Bisquick Original baking mix
1 cup milk
2 tablespoons sugar
2 tablespoons vegetable oil
2 eggs

HEAT oven to 425°. Grease jelly roll pan, 15½x10½x1 inch.

BEAT all ingredients with wire whisk or hand beater until smooth. Spread in pan.

BAKE 14 to 16 minutes or until top is light golden brown. Cut into 12 pieces. Serve immediately.

6 servings.

Bacon 'n Cheddar Oven Pancake: Omit sugar. Before spreading batter in pan, sprinkle 12 slices bacon, crisply cooked and crumbled (about ¾ cup), and ½ cup shredded Cheddar cheese evenly over bottom of pan. Pour batter over bacon and cheese; spread batter to edges.

Blueberry Oven Pancake: Fold in 1 cup fresh or frozen (unthawed) blueberries.

No-Cholesterol Puffy Oven Pancake: Use skim milk. Substitute 3 egg whites or ½ cup cholesterol-free egg product for the eggs.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	265	Protein	8%
Protein, g	6	Vitamin A	4%
Carbohydrate, g	31	Vitamin C	*
Fat, g	13	Thiamin	16%
Cholesterol, mg	75	Riboflavin	18%
Sodium, mg	610	Niacin	8%
Potassium, mg	130	Calcium	12%
		Iron	8%

These luscious pancakes are great for dessert with a cup of coffee or for a special brunch with turkey sausages and fresh fruit.

Peach Dessert Pancakes

2 cups Bisquick Original baking mix
1 cup milk
1 tablespoon sugar
½ teaspoon ground cinnamon
2 eggs
1 can (16 ounces) sliced peaches, drained and pureed (about 1 cup)
Peach jam
Frozen (thawed) whipped topping

HEAT griddle or skillet; grease if necessary. Beat all ingredients except jam and whipped topping with wire whisk or hand beater until well blended.

POUR batter by ¼ cupfuls onto hot griddle. Cook until edges are dry. Turn; cook until golden brown.

SPREAD 1 tablespoon jam on each warm pancake; roll up. Place seam side down on serving platter; cool. Serve with whipped topping.

About 15 pancakes.

Nutrition Information Per Serving

1 pancake		Percent of U.S. RDA	
Calories	170	Protein	4%
Protein, g	3	Vitamin A	2%
Carbohydrate, g	31	Vitamin C	2%
Fat, g	4	Thiamin	6%
Cholesterol, mg	30	Riboflavin	8%
Sodium, mg	250	Niacin	4%
Potassium, mg	95	Calcium	6%
		Iron	4%

Orange Waffles with Maple-Orange Syrup

2 cups Bisquick Original baking mix
⅔ cup milk
⅔ cup orange juice
2 tablespoons vegetable oil
1 egg
Maple-Orange Syrup (below)

HEAT waffle iron; grease if necessary. Beat all ingredients except Maple-Orange Syrup with wire whisk or hand beater until well blended.

POUR batter by scant 1 cupfuls onto center of hot waffle iron.

BAKE until steaming stops and waffle is golden brown. Carefully remove waffle.

Twelve 4-inch squares.

Maple-Orange Syrup

1 cup maple-flavored syrup
3 tablespoons orange juice
3 tablespoons margarine or butter

Heat all ingredients until warm.

Nutrition Information Per Serving

1 square		Percent of U.S. RDA	
Calories	230	Protein	4%
Protein, g	2	Vitamin A	4%
Carbohydrate, g	35	Vitamin C	6%
Fat, g	9	Thiamin	8%
Cholesterol, mg	20	Riboflavin	6%
Sodium, mg	360	Niacin	4%
Potassium, mg	85	Calcium	6%
		Iron	4%

You can make this waffle batter up to an hour before serving. Store it covered in the refrigerator.

Apple-Cinnamon Waffles with Cider Syrup

Cider Syrup (right)
2¼ cups Bisquick Original baking mix
1¼ cups milk
2 tablespoons sugar
2 tablespoons vegetable oil
1 teaspoon ground cinnamon
1 egg
½ cup finely chopped peeled all-purpose apple

PREPARE Cider Syrup; keep warm. Heat waffle iron; grease if necessary. Beat remaining ingredients except apple with wire whisk or hand beater until smooth. Stir in apple.

POUR batter by scant 1 cupfuls onto center of hot waffle iron.

BAKE until steaming stops and waffle is golden brown. Carefully remove waffle. Serve with syrup.

Twelve 4-inch squares.

Cider Syrup

1 cup sugar
3 tablespoons Bisquick Original baking mix
1 teaspoon ground cinnamon
2 cups apple cider
2 tablespoons lemon juice
¼ cup (½ stick) margarine or butter

Mix sugar, baking mix and cinnamon in 2-quart saucepan. Stir in apple cider and lemon juice. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in margarine.

Nutrition Information Per Serving

1 square		Percent of U.S. RDA	
Calories	265	Protein	4%
Protein, g	3	Vitamin A	6%
Carbohydrate, g	41	Vitamin C	*
Fat, g	10	Thiamin	10%
Cholesterol, mg	20	Riboflavin	10%
Sodium, mg	410	Niacin	4%
Potassium, mg	140	Calcium	8%
		Iron	6%

BISQUICK BONUS

Fruit Pancakes

Follow recipe for *Easy Pancakes* (page 8)–except for hearty *Apple Pancakes*, beat in 3 tablespoons sugar, 1 teaspoon ground cinnamon and ¼ teaspoon ground nutmeg; stir in 1 cup chopped peeled apple. For yummy *Sweet Blueberry Pancakes*, beat in 2 tablespoons sugar; fold in 1 cup blueberries. To prepare fresh *Orange-Pecan Pancakes*, fold in 2 tablespoons grated orange peel and ⅓ cup finely chopped pecans.

Belgian waffles are made on special waffle irons with large, deep grids. They're fun to serve for a brunch buffet with a variety of fresh fruit toppings.

Belgian Waffles

2 cups Bisquick Original baking mix
1⅓ cups milk
2 tablespoons vegetable oil
1 egg

HEAT Belgian waffle iron; grease if necessary.

BEAT all ingredients with wire whisk or hand beater until smooth. Pour batter by scant 1 cupfuls onto center of hot waffle iron.

BAKE 3 to 5 minutes or until steaming stops and waffle is golden brown. Carefully remove waffle.

6 servings.

For Regular Waffle Iron: Heat regular waffle iron; grease if necessary. Pour batter onto center of hot waffle iron. Bake until steaming stops and waffle is golden brown. Carefully remove waffle. Twelve 4-inch squares (three 9-inch waffles).

Freezing and Reheating Directions: Stack cooled waffles between waxed paper. Wrap in aluminum foil and freeze. To reheat in oven, unwrap waffles; remove waxed paper. Heat on ungreased cookie sheet in 400° oven 8 to 10 minutes or until hot. To reheat in microwave, unwrap frozen waffles; remove waxed paper. Place on microwavable plate. Microwave uncovered on high: 1 section 35 to 45 seconds, 2 sections 1 to 1½ minutes, 4 sections 1½ to 2 minutes.

No-Cholesterol Belgian Waffles: Substitute 1¼ cups skim milk for the 1⅓ cups milk and 2 egg whites or ¼ cup cholesterol-free egg product for the egg.

Nutrition Information Per Serving

1 waffle		Percent of U.S. RDA	
Calories	235	Protein	8%
Protein, g	5	Vitamin A	4%
Carbohydrate, g	27	Vitamin C	*
Fat, g	12	Thiamin	16%
Cholesterol, mg	40	Riboflavin	16%
Sodium, mg	610	Niacin	8%
Potassium, mg	140	Calcium	14%
		Iron	8%

BISQUICK BONUS

"Wafflewiches"

For busy mornings on the run, grab a "wafflewich" as you head out the door! Prepare waffles as directed for regular waffle iron in *Belgian Waffles*. For *PB&J Wafflewiches*, spread peanut butter on 1 waffle, jelly on another and assemble sandwich. To make tasty *Ham and Cheese Wafflewiches*, top 1 waffle with 1 slice each of ham and cheese; top with another waffle to form sandwich.

Serve your family waffles for dinner! When time is short, substitute Bac~Os® bacon-flavored bits for the bacon.

Bacon and Swiss Waffles

2 cups Bisquick Original baking mix
1½ cups milk
2 eggs
1 cup shredded Swiss cheese (4 ounces)
8 slices bacon, crisply cooked and crumbled (about ½ cup)

HEAT waffle iron; grease if necessary. Beat baking mix, milk and eggs with wire whisk or hand beater until smooth. Stir in cheese and bacon.

POUR batter by scant 1 cupfuls onto center of hot waffle iron.

BAKE until steaming stops and waffle is golden brown. Carefully remove waffle.

Twelve 4-inch squares.

Nutrition Information Per Serving

1 square		Percent of U.S. RDA	
Calories	165	Protein	10%
Protein, g	7	Vitamin A	4%
Carbohydrate, g	14	Vitamin C	*
Fat, g	9	Thiamin	10%
Cholesterol, mg	50	Riboflavin	12%
Sodium, mg	400	Niacin	6%
Potassium, mg	110	Calcium	16%
		Iron	4%

Apricot Coffee Cake

2 cups Bisquick Reduced Fat baking mix
½ cup sugar
¼ cup milk
2 tablespoons margarine or butter, melted
½ teaspoon ground nutmeg
2 eggs
1 can (8½ ounces) apricot halves, well drained and cut into fourths
1 can (15¼ ounces) crushed pineapple, well drained
⅔ cup apricot preserves

HEAT oven to 375°. Grease 2 round pans, 9x1½ inches.

MIX all ingredients except preserves thoroughly. Divide batter between pans.

BAKE 20 to 22 minutes or until golden brown; cool completely. Place one cake layer, rounded side down, on serving plate; spread with ⅓ cup preserves. Top with second cake layer, rounded side up; spread with remaining preserves.

8 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	340	Protein	6%
Protein, g	5	Vitamin A	10%
Carbohydrate, g	66	Vitamin C	2%
Fat, g	6	Thiamin	14%
Cholesterol, mg	55	Riboflavin	12%
Sodium, mg	390	Niacin	6%
Potassium, mg	170	Calcium	6%
		Iron	10%

Follow our do-ahead tip to prepare and refrigerate this sweet treat the day before and bake it warm and delicious for breakfast.

Streusel Coffee Cake

Streusel Topping (below)
2 cups Bisquick Original baking mix
⅔ cup milk or water
2 tablespoons sugar
1 egg

HEAT oven to 350°. Grease round pan, 9x1½ inches. Prepare Streusel Topping; reserve.

MIX remaining ingredients; beat vigorously 30 seconds. Spread batter in pan. Sprinkle with topping.

BAKE 18 to 22 minutes or until toothpick inserted in center comes out clean. Serve warm.

8 servings.

Streusel Topping

⅓ cup Bisquick Original baking mix
⅓ cup packed brown sugar
½ teaspoon ground cinnamon
2 tablespoons firm margarine or butter

Mix baking mix, brown sugar and cinnamon. Cut in margarine with fork or pastry blender until mixture is crumbly.

No-Cholesterol Streusel Coffee Cake: Substitute 2 egg whites or ¼ cup cholesterol-free egg product for the egg. Use skim milk or water in coffee cake and margarine in topping.

Do-Ahead Tip: Prepare Streusel Topping; cover and refrigerate. Spread batter in pan; cover and refrigerate up to 24 hours. Just before baking, sprinkle topping on batter.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	235	Protein	6%
Protein, g	4	Vitamin A	6%
Carbohydrate, g	34	Vitamin C	*
Fat, g	9	Thiamin	14%
Cholesterol, mg	30	Riboflavin	12%
Sodium, mg	550	Niacin	6%
Potassium, mg	120	Calcium	10%
		Iron	8%

BISQUICK BONUS

Pancake Initials

Prepare batter for *Easy Pancakes* (page 8). To make *Pancake Initials*, drizzle batter from a teaspoon onto a hot griddle to form an initial. (Initials must be made backwards so they will appear right when pancakes are served.)

Select apples that will remain flavorful and firm when baked such as Baldwin, Northern Spy and Rome Beauty.

Apple Coffee Cake

Streusel Topping (right)
2 cups Bisquick Original baking mix
⅔ cup milk or water
3 tablespoons sugar
1 egg
2 medium cooking apples, peeled and thinly sliced (about 2 cups)
2 tablespoons chopped nuts
Glaze (right)

HEAT oven to 400°. Grease square baking dish, 9x9x2 inches. Prepare Streusel Topping; reserve.

MIX baking mix, milk, sugar and egg; beat vigorously 30 seconds. Spread half of the batter in baking dish. Arrange apple slices on batter; sprinkle with half of the topping. Spread remaining batter over apple slices; sprinkle with remaining topping. Sprinkle with nuts.

BAKE about 25 minutes or until toothpick inserted in center comes out clean; cool. Drizzle with Glaze.

8 servings.

Streusel Topping

⅔ cup Bisquick Original baking mix
⅔ cup packed brown sugar
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ cup (½ stick) firm margarine or butter

Mix baking mix, brown sugar, cinnamon and nutmeg. Cut in margarine with fork or pastry blender until mixture is crumbly.

Glaze

½ cup powdered sugar
2 to 3 teaspoons milk

Mix ingredients until smooth and drizzling consistency.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	380	Protein	6%
Protein, g	4	Vitamin A	10%
Carbohydrate, g	60	Vitamin C	*
Fat, g	14	Thiamin	16%
Cholesterol, mg	30	Riboflavin	14%
Sodium, mg	660	Niacin	8%
Potassium, mg	200	Calcium	12%
		Iron	10%

Lemon-Poppy Seed Coffee Cake

2 cups Bisquick Original baking mix
¼ cup poppy seed
1 cup milk
¼ cup vegetable oil
2 eggs
1 package (4-serving size) lemon instant pudding and pie filling
Glaze (below)

HEAT oven to 350°. Grease square pan, 9x9x2 inches.

MIX baking mix, poppy seed, milk, oil, eggs and pudding and pie filling (dry); beat 30 seconds. Spread in pan.

BAKE 35 to 40 minutes or until light golden brown and toothpick inserted in center comes out clean. Cool 10 minutes. Drizzle with Glaze.

9 servings.

Glaze

⅔ cup powdered sugar
3 to 4 teaspoons lemon juice

Mix ingredients until smooth and drizzling consistency.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	285	Protein	6%
Protein, g	4	Vitamin A	2%
Carbohydrate, g	38	Vitamin C	*
Fat, g	13	Thiamin	12%
Cholesterol, mg	50	Riboflavin	12%
Sodium, mg	570	Niacin	6%
Potassium, mg	120	Calcium	14%
		Iron	8%

Quick Cinnamon Roll

2½ cups Bisquick Original baking mix
⅓ cup milk
1 egg
2 tablespoons margarine or butter, softened
¼ cup granulated sugar
2 teaspoons ground cinnamon
¼ cup powdered sugar
1 teaspoon warm water

HEAT oven to 400°. Mix baking mix, milk and egg until soft dough forms. Turn dough onto surface lightly dusted with baking mix; gently roll in baking mix to coat. Knead gently just until smooth.

PAT or roll dough into rectangle, 10x8 inches. Spread with margarine. Mix granulated sugar and cinnamon; sprinkle over rectangle. Roll up tightly, beginning at 10-inch side. Pinch edge of dough into roll to seal. Place sealed side down on ungreased cookie sheet. Cut roll at 1-inch intervals almost through to bottom, using scissors.

BAKE about 20 minutes or until light brown. Mix powdered sugar and warm water until spreading consistency; spread over warm roll.

10 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	185	Protein	4%
Protein, g	3	Vitamin A	2%
Carbohydrate, g	27	Vitamin C	*
Fat, g	7	Thiamin	10%
Cholesterol, mg	30	Riboflavin	8%
Sodium, mg	450	Niacin	6%
Potassium, mg	60	Calcium	6%
		Iron	6%

Homemade sweet rolls are everyone's favorites. Use thread or dental floss to easily cut the dough into slices.

Orange-Pecan Rolls

½ cup chopped pecans
3 tablespoons flaked coconut
3 tablespoons orange marmalade
5 teaspoons orange-flavored breakfast drink mix
¼ cup (½ stick) firm margarine or butter
2½ cups Bisquick Original baking mix
½ cup milk
1 egg
1 cup powdered sugar
1 to 2 tablespoons milk

HEAT oven to 425°. Grease square pan, 9x9x2 inches. Mix pecans, coconut, marmalade and drink mix (dry); reserve. Cut margarine into ¼-inch pieces. Toss baking mix and margarine until well coated. Beat ½ cup milk and the egg; stir into margarine mixture just until dry ingredients are moistened.

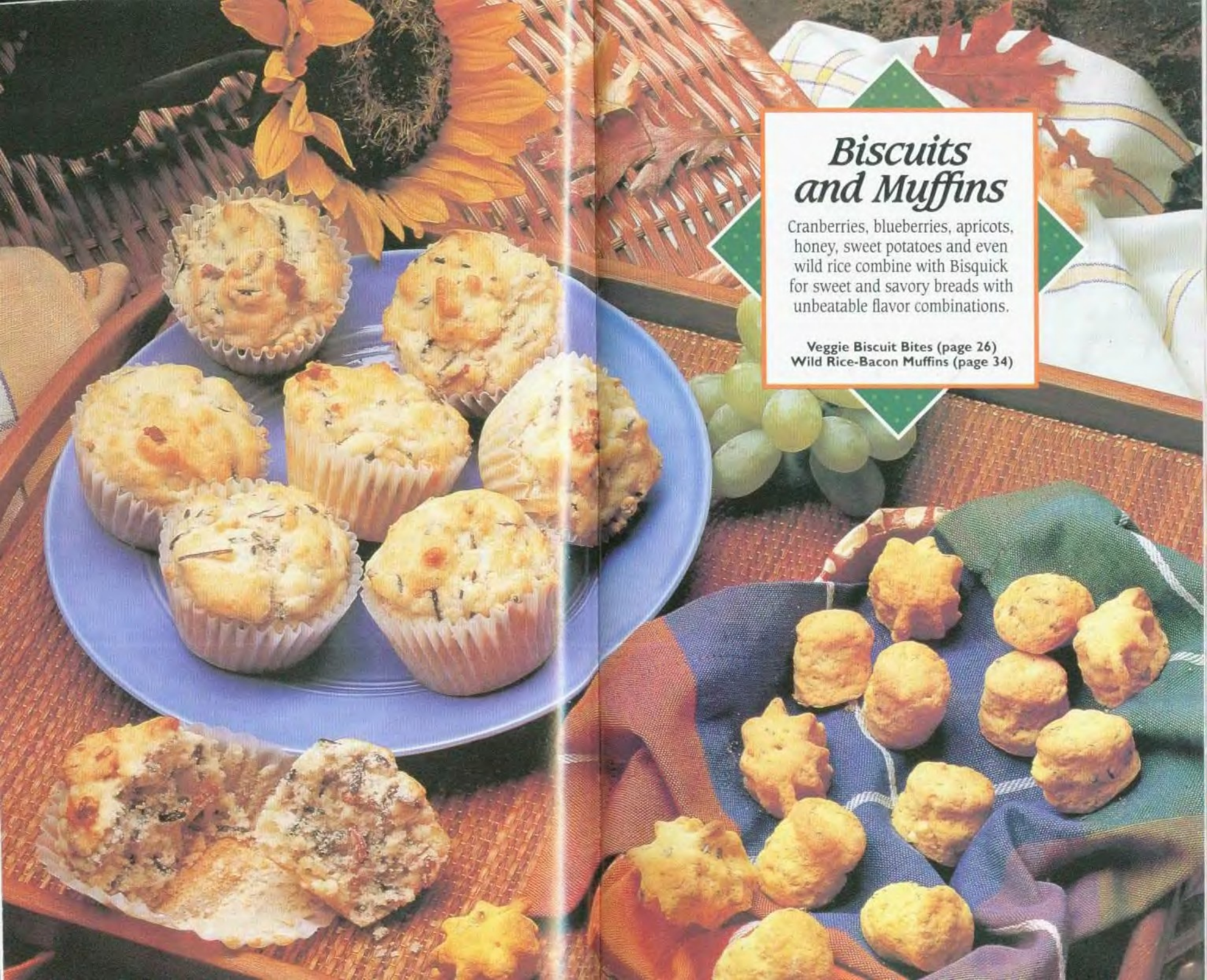
TURN dough onto surface generously dusted with baking mix; gently roll in baking mix to coat. Knead 10 times. Roll into rectangle, 15x8 inches. Spread reserved pecan mixture over rectangle. Roll up, beginning at 15-inch side. Pinch edge of dough into roll to seal. Cut into 12 slices. Place in pan.

BAKE about 15 minutes or until golden brown. Cool in pan on wire rack 15 minutes. Mix powdered sugar and 1 to 2 tablespoons milk until smooth and drizzling consistency. Drizzle over warm rolls.

1 dozen rolls.

Nutrition Information Per Serving

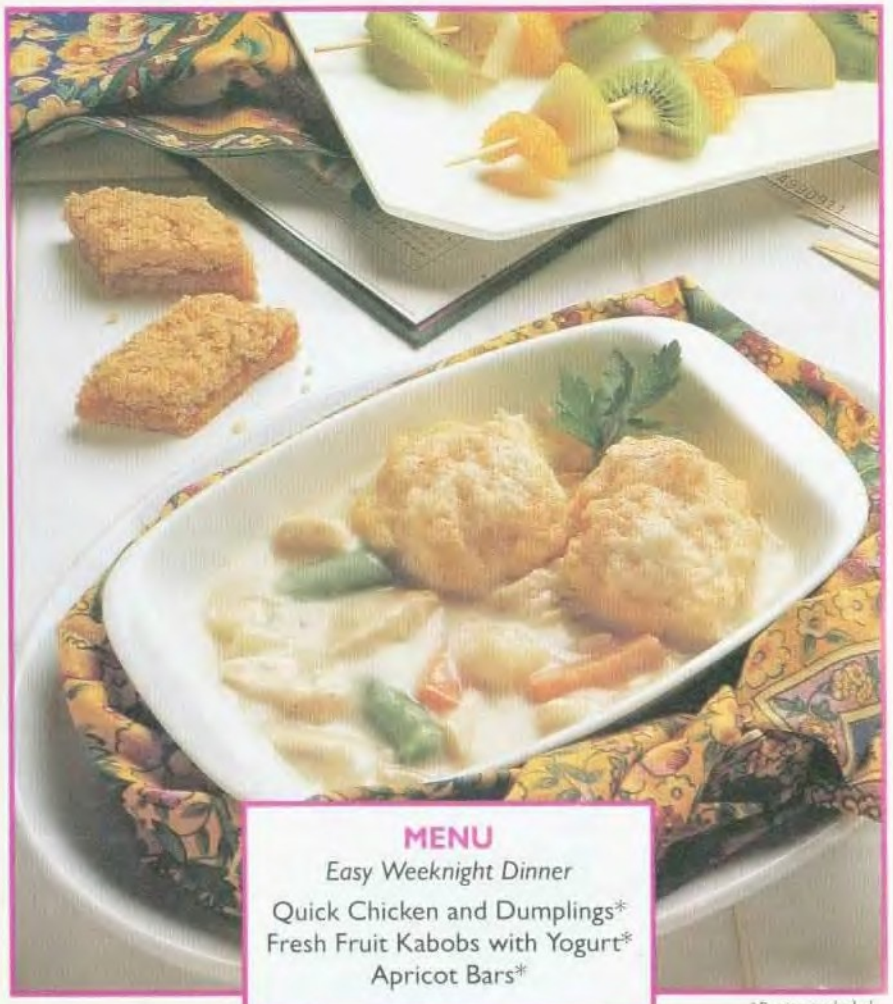
1 roll		Percent of U.S. RDA	
Calories	250	Protein	4%
Protein, g	3	Vitamin A	6%
Carbohydrate, g	32	Vitamin C	*
Fat, g	12	Thiamin	12%
Cholesterol, mg	20	Riboflavin	8%
Sodium, mg	420	Niacin	4%
Potassium, mg	85	Calcium	6%
		Iron	6%



Biscuits and Muffins

Cranberries, blueberries, apricots, honey, sweet potatoes and even wild rice combine with Bisquick for sweet and savory breads with unbeatable flavor combinations.

Veggie Biscuit Bites (page 26)
Wild Rice-Bacon Muffins (page 34)



MENU

Easy Weeknight Dinner

Quick Chicken and Dumplings*
Fresh Fruit Kabobs with Yogurt*
Apricot Bars*

**Recipe included*

Dinner's ready in minutes with Bisquick

in the cupboard! Both of these recipes require no more than 6 ingredients, and they're ready in 30 minutes or less. While the bars are baking, the chicken and dumplings can be simmering on the stove. Fruit kabobs, served with your favorite flavor of yogurt, round out the meal. This terrific quick and easy meal is sure to become a family favorite!

Quick Chicken and Dumplings

- 1½ cups milk
- 1 cup frozen vegetables
- 1 cup cut-up cooked chicken (about 5 ounces)
- 1 can (10¾ ounces) condensed creamy chicken mushroom soup
- 1 cup Bisquick Original baking mix
- ⅓ cup milk

HEAT 1½ cups milk, vegetables, chicken and soup to boiling in 3-quart saucepan.

MIX baking mix and ⅓ cup milk until soft dough forms. Drop dough by 8 spoonfuls onto chicken mixture (do not drop directly into liquid).

COOK uncovered over low heat 10 minutes. Cover and cook 10 minutes longer.

4 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	325	Protein	30%
Protein, g	19	Vitamin A	38%
Carbohydrate, g	33	Vitamin C	2%
Fat, g	13	Thiamin	22%
Cholesterol, mg	45	Riboflavin	24%
Sodium, mg	1130	Niacin	24%
Potassium, mg	410	Calcium	22%
		Iron	12%

Apricot Bars

- 2 cups Bisquick Original baking mix
- 1 cup quick-cooking oats
- ¾ cup packed brown sugar
- ½ cup (1 stick) margarine or butter, softened
- 1 cup apricot spreadable fruit, jam or preserves

HEAT oven to 400°. Grease square pan, 9x9x2 inches. Mix baking mix, oats and brown sugar. Cut in margarine with fork until mixture is crumbly.

PRESS half of the crumbly mixture in pan. Spread fruit on top to within ¼ inch of edges. Top with remaining crumbly mixture; press gently into fruit.

BAKE 25 to 30 minutes or until light brown; cool. Cut into bars.

2 dozen bars.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	130	Protein	2%
Protein, g	1	Vitamin A	4%
Carbohydrate, g	20	Vitamin C	*
Fat, g	5	Thiamin	4%
Cholesterol, mg	0	Riboflavin	2%
Sodium, mg	190	Niacin	2%
Potassium, mg	60	Calcium	2%
		Iron	2%

QUICK TIPS

- For a change of pace, use your favorite flavor of spreadable fruit to make Apricot Bars. Strawberry, raspberry and blackberry are all delicious.
- Apricot Bars can be prepared several days ahead of time. But watch out! They'll disappear quickly.
- You can substitute 1 cup of leftover cooked vegetables for the frozen vegetables in Quick Chicken and Dumplings.
- To make Fresh Fruit Kabobs with Yogurt, thread a variety of bite-size pieces of fruit onto individual skewers. Apples, strawberries, pears and bananas work well. Serve with fruit-flavored yogurt.

Rolled Biscuits

2¼ cups Bisquick Original baking mix
⅔ cup milk

HEAT oven to 450°. Mix ingredients until soft dough forms; beat 30 seconds. If dough is too sticky, gradually mix in enough baking mix (up to ¼ cup) to make dough easy to handle.

TURN dough onto surface generously dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 10 times. Roll ½ inch thick. Cut with 2-inch round cutter dipped in baking mix. Place on ungreased cookie sheet.

BAKE 8 to 10 minutes or until golden brown.

10 to 12 biscuits.

No-Cholesterol Rolled Biscuits: Increase baking mix to 2⅓ cups and substitute skim milk or water for the milk.

Water Biscuits: Mix 2⅓ cups baking mix and ⅔ cup cold water until soft dough forms; beat 30 seconds.

Drop Biscuits: After beating, drop by 10 to 12 spoonfuls onto ungreased cookie sheet.

Nutrition Information Per Serving

1 biscuit		Percent of U.S. RDA	
Calories	110	Protein	4%
Protein, g	2	Vitamin A	*
Carbohydrate, g	17	Vitamin C	*
Fat, g	4	Thiamin	10%
Cholesterol, mg	0	Riboflavin	8%
Sodium, mg	390	Niacin	6%
Potassium, mg	609	Calcium	6%
		Iron	4%

Sweet Potato Daisy Biscuits

3 cups Bisquick Original baking mix
½ teaspoon grated orange peel
1 package (3 ounces) cream cheese, cubed and chilled
½ cup mashed cooked sweet potatoes
½ cup milk
2 tablespoons orange marmalade

HEAT oven to 450°. Mix baking mix and orange peel. Cut in cream cheese until mixture resembles coarse meal. Stir in sweet potatoes and milk just until dry ingredients are moistened.

TURN dough onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 4 or 5 times. Roll ½ inch thick. Cut with 2-inch round cutter dipped in baking mix. Place 2 inches apart on ungreased cookie sheet.

MAKE six ½-inch cuts around edge of each biscuit to form petals, using sharp knife dipped in baking mix (cut completely through edge). Make indentation in center of each biscuit with thumb. Fill indentation with ¼ teaspoon marmalade. Bake 10 to 12 minutes or until golden brown. About 20 biscuits.

Nutrition Information Per Serving

1 biscuit		Percent of U.S. RDA	
Calories	100	Protein	2%
Protein, g	2	Vitamin A	6%
Carbohydrate, g	14	Vitamin C	*
Fat, g	4	Thiamin	6%
Cholesterol, mg	5	Riboflavin	4%
Sodium, mg	280	Niacin	4%
Potassium, mg	60	Calcium	4%
		Iron	4%

These savory, tender biscuits taste great with soups and stews. Adjust the amount of Parmesan cheese to suit your taste buds.

Parmesan Cocktail Biscuits

2½ cups Bisquick Original baking mix
2 to 4 tablespoons grated Parmesan cheese
1 tablespoon chopped fresh or 1 teaspoon freeze-dried chives
1 tablespoon chopped fresh or 1 teaspoon dried dill weed, basil leaves or oregano leaves
¼ cup (½ stick) firm margarine or butter
⅔ cup milk
2 tablespoons margarine or butter, melted
2 tablespoons grated Parmesan cheese

HEAT oven to 450°. Lightly grease cookie sheet. Mix baking mix, 2 to 4 tablespoons Parmesan cheese, the chives and dill weed. Cut ¼ cup firm margarine into ¼-inch pieces. Add margarine pieces to baking mix; toss with fork until coated. Add milk; stir just until dry ingredients are moistened.

TURN dough onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead gently 4 or 5 times. Roll ½ inch thick. Cut with 1½-inch round cutter dipped in baking mix.

BRUSH tops of biscuits with melted margarine; sprinkle with 2 tablespoons Parmesan cheese. Place about 1 inch apart on cookie sheet. Bake about 8 minutes or until light brown.

About 1½ dozen biscuits.

Nutrition Information Per Serving

1 biscuit		Percent of U.S. RDA	
Calories	115	Protein	2%
Protein, g	2	Vitamin A	6%
Carbohydrate, g	11	Vitamin C	*
Fat, g	7	Thiamin	6%
Cholesterol, mg	2	Riboflavin	4%
Sodium, mg	310	Niacin	2%
Potassium, mg	40	Calcium	6%
		Iron	2%

BISQUICK BONUS

Savory Biscuits

Follow recipe for *Rolled Biscuits* (page 24)–except for *Bacon Biscuits*, mix ⅓ cup crumbled crisply cooked bacon with the baking mix and milk. For *Dill Biscuits*, mix in 1½ teaspoons dried dill weed. To make *Herb Biscuits*, mix in 1¼ teaspoons caraway seed, ½ teaspoon dried sage leaves and ¼ teaspoon ground mustard.

Veggie Biscuit Bites

2¼ cups Bisquick Original baking mix
⅓ cup margarine or butter, softened
2 tablespoons finely chopped green onions
2 tablespoons chopped fresh parsley or 1 tablespoon dried parsley flakes
½ teaspoon dried dill weed
1 jar (4 ounces) strained carrots (baby food)

HEAT oven to 450°. Mix all ingredients until soft dough forms. Turn dough onto surface generously dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 3 or 4 times.

ROLL dough ½ inch thick. Cut with 1-inch round cutter dipped in baking mix. Place with edges touching on ungreased cookie sheet.

BAKE 8 to 10 minutes or until golden brown.

About 2 dozen 1-inch biscuits.

Mini Drop Biscuits: After mixing ingredients, drop dough by rounded teaspoonfuls onto ungreased cookie sheet. Bake as directed.

Nutrition Information Per Serving

1 biscuit		Percent of U.S. RDA	
Calories	70	Protein	*
Protein, g	1	Vitamin A	8%
Carbohydrate, g	7	Vitamin C	*
Fat, g	4	Thiamin	4%
Cholesterol, mg	0	Riboflavin	2%
Sodium, mg	190	Niacin	2%
Potassium, mg	30	Calcium	2%
		Iron	2%

These drop biscuits are extra-quick. Either provolone or Monterey Jack cheese can be substituted for the Cheddar cheese.

Cheese-Garlic Biscuits

2 cups Bisquick Original baking mix
⅔ cup milk
½ cup shredded Cheddar cheese
¼ cup (½ stick) margarine or butter, melted
¼ teaspoon garlic powder

HEAT oven to 450°. Mix baking mix, milk and cheese until soft dough forms; beat vigorously 30 seconds.

DROP dough by 10 to 12 spoonfuls onto ungreased cookie sheet.

BAKE 8 to 10 minutes or until golden brown. Mix margarine and garlic powder; brush over warm biscuits before removing from cookie sheet. Serve warm.

10 to 12 biscuits.

Nutrition Information Per Serving

1 biscuit		Percent of U.S. RDA	
Calories	160	Protein	6%
Protein, g	3	Vitamin A	8%
Carbohydrate, g	15	Vitamin C	*
Fat, g	10	Thiamin	8%
Cholesterol, mg	5	Riboflavin	8%
Sodium, mg	440	Niacin	4%
Potassium, mg	65	Calcium	8%
		Iron	4%

▲ Pepperoni Breadsticks

2 cups Bisquick Original baking mix
½ cup cold water
½ cup chopped pepperoni (about 2 ounces)
¼ cup (½ stick) margarine or butter, melted
1 tablespoon grated Parmesan cheese
1 cup pizza sauce

HEAT oven to 425°. Mix baking mix, cold water and pepperoni until dough forms; beat 20 strokes. Turn dough onto surface dusted with baking mix; gently roll in baking mix to coat. Knead 5 times.

ROLL dough into 10-inch square. Cut in half. Cut each half crosswise into 14 strips. Twist ends of strips in opposite directions. Place on ungreased cookie sheet, pressing ends onto cookie sheet to fasten securely. Brush generously with margarine. Sprinkle with cheese.

BAKE 10 to 12 minutes or until light golden brown. Heat pizza sauce until hot. Dip breadsticks into pizza sauce.

About 28 breadsticks.

Nutrition Information Per Serving

1 breadstick		Percent of U.S. RDA	
Calories	65	Protein	2%
Protein, g	1	Vitamin A	2%
Carbohydrate, g	6	Vitamin C	*
Fat, g	4	Thiamin	4%
Cholesterol, mg	2	Riboflavin	2%
Sodium, mg	220	Niacin	2%
Potassium, mg	40	Calcium	2%
		Iron	2%

You can use either white, yellow or blue cornmeal to prepare these tasty breadsticks. Blue cornmeal is fun for a Tex-Mex party.

Cornmeal Butter Sticks

- ¼ cup (½ stick) margarine or butter
- ½ cup Bisquick Original baking mix
- ½ cup cornmeal
- ¼ cup water
- Salt

HEAT oven to 450°. Heat margarine in square pan, 9x9x2 inches, in oven until melted. Mix baking mix, cornmeal and water with fork until soft dough forms.

TURN onto surface dusted with baking mix; gently roll in baking mix to coat. Smooth dough into ball; knead 5 times. Roll into rectangle, 6x4 inches. Cut into 8 strips, 4x¾ inch.

DIP each strip into melted margarine, coating all sides; arrange in pan. Sprinkle salt lightly on strips. Bake 12 to 15 minutes or until golden brown. Serve hot.

8 sticks.

Nutrition Information Per Serving

1 stick		Percent of U.S. RDA	
Calories	110	Protein	2%
Protein, g	1	Vitamin A	4%
Carbohydrate, g	11	Vitamin C	*
Fat, g	7	Thiamin	6%
Cholesterol, mg	15	Riboflavin	4%
Sodium, mg	210	Niacin	4%
Potassium, mg	25	Calcium	2%
		Iron	2%

For delicious scones without cholesterol, substitute ¼ cup skim milk for the whipping cream and 2 egg whites for the egg. Brush the dough with skim milk.

Apricot Scones

- 2 cups Bisquick Original baking mix
- ⅓ cup finely chopped dried apricots
- ⅓ cup whipping (heavy) cream
- 3 tablespoons sugar
- 1 egg
- Milk
- Sugar

HEAT oven to 425°. Grease cookie sheet. Mix baking mix, apricots, whipping cream, 3 tablespoons sugar and the egg until soft dough forms. Turn onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 10 times.

PAT dough into 8-inch circle on cookie sheet (if dough is sticky, dip fingers into baking mix). Brush with milk; sprinkle with sugar. Cut into 8 wedges but do not separate.

BAKE about 12 minutes or until golden brown. Immediately remove from cookie sheet; carefully separate wedges. Serve warm.

8 scones.

Nutrition Information Per Serving

1 scone		Percent of U.S. RDA	
Calories	210	Protein	4%
Protein, g	3	Vitamin A	6%
Carbohydrate, g	31	Vitamin C	*
Fat, g	8	Thiamin	10%
Cholesterol, mg	40	Riboflavin	10%
Sodium, mg	440	Niacin	6%
Potassium, mg	130	Calcium	6%
		Iron	6%

Chili-Cheese Bread

- 1 can (4 ounces) chopped green chilies, drained
- 3 cups Bisquick Original baking mix
- 2 tablespoons instant minced onion
- 1 tablespoon chili powder
- ½ cup milk
- 2 eggs
- 2 cups shredded Cheddar cheese (8 ounces)
- ¼ cup (½ stick) margarine or butter, melted

HEAT oven to 400°. Grease rectangular pan, 13x9x2 inches. Reserve 2 tablespoons chilies for topping. Mix remaining chilies, the baking mix, onion, chili powder, milk, eggs and 1 cup of the cheese. Spread in pan.

SPRINKLE with remaining cheese and reserved chilies. Drizzle margarine evenly over top.

BAKE about 23 minutes or until toothpick inserted in center comes out clean. Serve immediately.

16 to 20 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	190	Protein	10%
Protein, g	6	Vitamin A	10%
Carbohydrate, g	15	Vitamin C	4%
Fat, g	12	Thiamin	8%
Cholesterol, mg	40	Riboflavin	10%
Sodium, mg	540	Niacin	4%
Potassium, mg	90	Calcium	12%
		Iron	6%

Savory Herb Bread

- 2¼ cups Bisquick Reduced Fat baking mix
- ¾ cup Yoplait Fat Free plain yogurt
- 2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley flakes
- 1 tablespoon chopped fresh or 1 teaspoon dried sage leaves
- 2 eggs
- 1 egg white
- 1 clove garlic, finely chopped, or ¼ teaspoon garlic powder

HEAT oven to 350°. Grease round pan, 8x1½ inches.

MIX all ingredients with fork until moistened; beat vigorously 1 minute. Spread in pan.

BAKE 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Run knife or metal spatula around side of loaf, pressing gently to loosen; remove from pan. Serve warm.

1 loaf (16 wedges).

Nutrition Information Per Serving

1 wedge		Percent of U.S. RDA	
Calories	80	Protein	4%
Protein, g	3	Vitamin A	*
Carbohydrate, g	12	Vitamin C	*
Fat, g	2	Thiamin	6%
Cholesterol, mg	25	Riboflavin	8%
Sodium, mg	210	Niacin	2%
Potassium, mg	65	Calcium	4%
		Iron	4%

When it's just the two of you, here's a delicious homemade bread that's perfect with soup or salad.

Quick Sesame Bread

1 cup Bisquick Original baking mix
¼ cup water
2 teaspoons margarine or butter, softened
1 tablespoon sesame seed

HEAT oven to 400°. Grease cookie sheet.

MIX baking mix and water with fork until soft dough forms. Pat or roll dough into rectangle, 6x4 inches, on cookie sheet. Brush margarine on rectangle; sprinkle with sesame seed.

BAKE 8 to 10 minutes or until golden brown. Serve hot, broken into pieces or cut into squares.

2 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	295	Protein	8%
Protein, g	5	Vitamin A	2%
Carbohydrate, g	37	Vitamin C	*
Fat, g	14	Thiamin	24%
Cholesterol, mg	10	Riboflavin	14%
Sodium, mg	880	Niacin	12%
Potassium, mg	90	Calcium	10%
		Iron	12%

This warm three-cheese bread is delicious with lasagne, spaghetti or any of your favorite Italian dishes.

Italian Flatbread ▸

2 cups Bisquick Original baking mix
½ cup hot water
2 tablespoons margarine or butter, melted
¼ cup shredded Cheddar cheese
¼ cup shredded Monterey Jack cheese
¼ cup grated Parmesan cheese
2 teaspoons parsley flakes
½ teaspoon Italian seasoning

HEAT oven to 450°. Mix baking mix and hot water until stiff dough forms. Let stand 10 minutes. Turn dough onto surface generously dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 60 times.

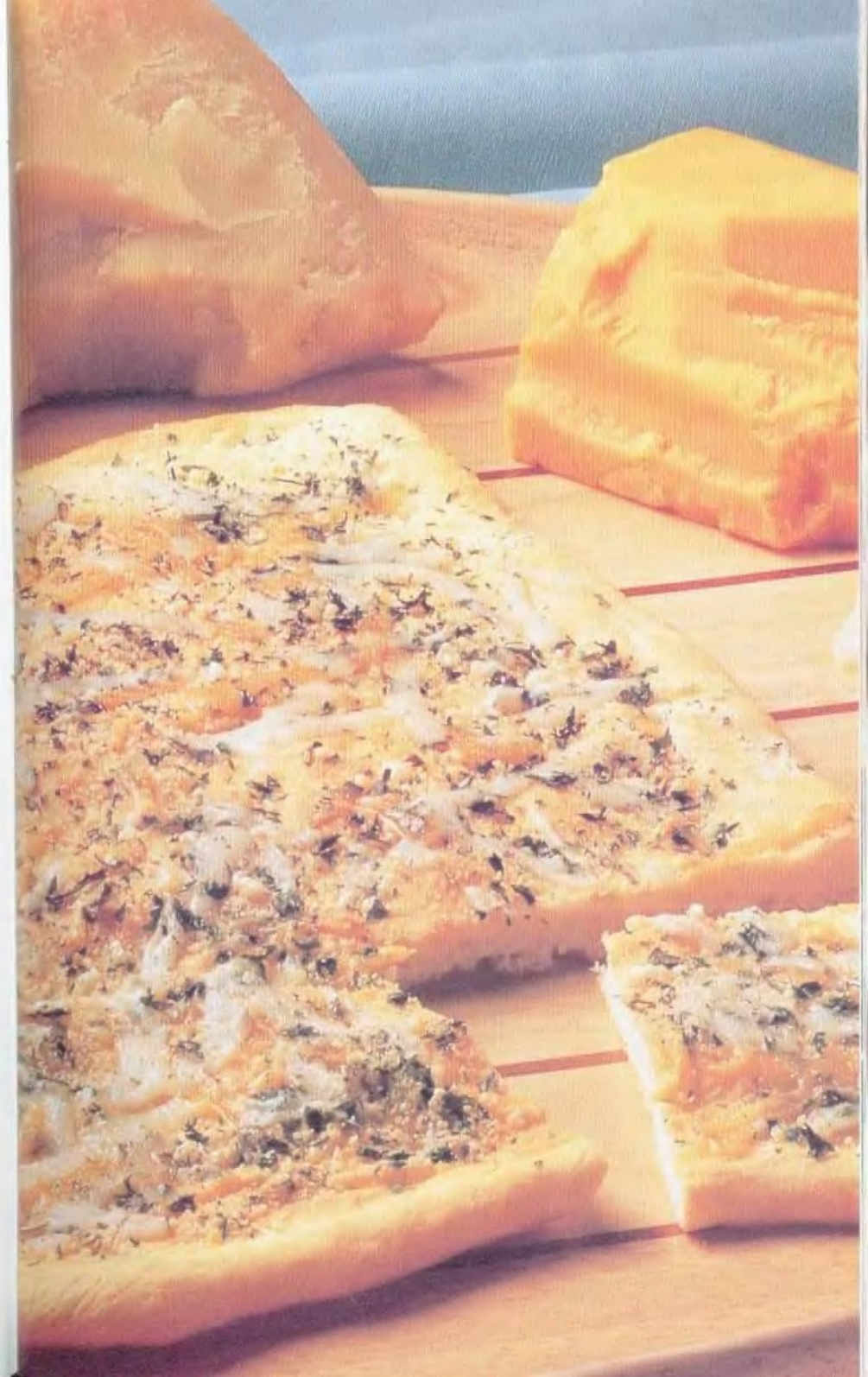
PAT dough into 11-inch square on ungreased cookie sheet. Spread margarine over dough. Mix remaining ingredients; sprinkle over dough.

BAKE 10 to 12 minutes or until edges are light golden brown. Serve warm.

12 to 16 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	125	Protein	4%
Protein, g	3	Vitamin A	4%
Carbohydrate, g	12	Vitamin C	*
Fat, g	7	Thiamin	6%
Cholesterol, mg	5	Riboflavin	6%
Sodium, mg	370	Niacin	4%
Potassium, mg	35	Calcium	8%
		Iron	4%



For perfect muffins, mix the batter just until the dry ingredients are moistened. The batter should be lumpy.

Blueberry Muffins

1 egg
2 cups Bisquick Original baking mix
¼ cup sugar
⅔ cup milk
2 tablespoons vegetable oil or margarine or butter, melted
1 cup fresh or frozen (unthawed) blueberries

HEAT oven to 400°. Grease bottoms only of 12 medium muffin cups, 2½x1¼ inches, or line with paper baking cups.

BEAT egg slightly in medium bowl. Stir in remaining ingredients except blueberries just until moistened. Fold in blueberries. Divide batter evenly among muffin cups.

BAKE 15 to 18 minutes or until golden brown.

1 dozen muffins.

Giant Blueberry Muffins: Grease and flour bottoms only of six 6-ounce custard cups. Prepare batter as directed; divide evenly among cups. Place cups on cookie sheet. Bake 18 to 22 minutes or until toothpick inserted in center comes out clean.

Reheat Tip: Cool muffins; wrap, label and freeze up to 1 week. To serve, place frozen muffins on ungreased cookie sheet. Heat in 400° oven 6 to 8 minutes or until warm.

Nutrition Information Per Serving

1 muffin		Percent of U.S. RDA	
Calories	140	Protein	4%
Protein, g	2	Vitamin A	*
Carbohydrate, g	19	Vitamin C	*
Fat, g	6	Thiamin	8%
Cholesterol, mg	20	Riboflavin	6%
Sodium, mg	300	Niacin	4%
Potassium, mg	60	Calcium	4%
		Iron	4%

BISQUICK BONUS

Whole-Grain Muffins

Follow recipe for *Blueberry Muffins*–except omit blueberries. For *Bran Muffins*, fold 1 cup bran into batter. To make hearty *Wheat Muffins*, fold 1½ cups Wheaties® cereal into batter. For *Cranberry-Cornmeal Muffins*, decrease baking mix to 1½ cups and add ¾ cup cornmeal; fold 1¼ cups cranberries into batter.

Cranberry-Streusel Muffins

2 tablespoons packed brown sugar
1 tablespoon Bisquick Original baking mix
⅓ cup milk
1 egg
½ cup whole berry cranberry sauce
2 cups Bisquick Original baking mix
2 tablespoons granulated sugar

HEAT oven to 400°. Grease bottoms only of 12 medium muffin cups, 2½x1¼ inches, or line with paper baking cups.

MIX brown sugar and 1 tablespoon baking mix; reserve. Beat milk, egg and cranberry sauce slightly in medium bowl. Stir in 2 cups baking mix and the granulated sugar just until moistened. Fill muffin cups about ½ full. Sprinkle with reserved brown sugar mixture.

BAKE about 18 minutes or until golden brown. Cool slightly before removing from pan.

1 dozen muffins.

Nutrition Information Per Serving

1 muffin		Percent of U.S. RDA	
Calories	125	Protein	2%
Protein, g	2	Vitamin A	*
Carbohydrate, g	22	Vitamin C	*
Fat, g	3	Thiamin	8%
Cholesterol, mg	20	Riboflavin	6%
Sodium, mg	310	Niacin	4%
Potassium, mg	50	Calcium	4%
		Iron	4%

These orange-flavored muffins are packed with good things–wheat germ, honey and raisins. They make a tasty lunch box treat or after-school snack.

Honey-Wheat Muffins

1 egg
2 cups Bisquick Original baking mix
¼ cup wheat germ
⅔ cup milk
¼ cup honey
1 tablespoon vegetable oil
1 teaspoon grated orange peel
¼ cup raisins

HEAT oven to 400°. Grease bottoms only of 12 medium muffin cups, 2½x1¼ inches, or line with paper baking cups.

BEAT egg slightly in medium bowl. Stir in remaining ingredients except raisins just until moistened. Fold in raisins. Divide batter evenly among muffin cups.

BAKE about 15 minutes or until golden brown. Cool slightly before removing from pan. Serve warm.

1 dozen muffins.

Nutrition Information Per Serving

1 muffin		Percent of U.S. RDA	
Calories	145	Protein	4%
Protein, g	3	Vitamin A	*
Carbohydrate, g	22	Vitamin C	*
Fat, g	5	Thiamin	10%
Cholesterol, mg	20	Riboflavin	8%
Sodium, mg	300	Niacin	4%
Potassium, mg	105	Calcium	6%
		Iron	6%

Chocolate lovers will enjoy these decadent muffins for breakfast, brunch or dessert! Semisweet chocolate chips can be substituted for the semisweet chocolate.

Jumbo Chocolate-Chunk Muffins

2 eggs
3 cups Bisquick Original baking mix
½ cup sugar
¾ cup milk
3 tablespoons vegetable oil
6 ounces semisweet chocolate, coarsely chopped (about 1 cup)

HEAT oven to 400°. Line 12 medium muffin cups, 2½x1¼ inches, with paper baking cups.

BEAT eggs slightly in large bowl. Stir in remaining ingredients except chocolate until moistened. Fold in chocolate. Divide batter evenly among muffin cups.

BAKE 17 to 19 minutes or until golden brown.

1 dozen muffins.

Nutrition Information Per Serving

1 muffin		Percent of U.S. RDA	
Calories	275	Protein	6%
Protein, g	4	Vitamin A	2%
Carbohydrate, g	36	Vitamin C	*
Fat, g	13	Thiamin	12%
Cholesterol, mg	35	Riboflavin	12%
Sodium, mg	450	Niacin	6%
Potassium, mg	120	Calcium	8%
		Iron	8%

Use leftover wild rice to make these hearty whole-grain muffins.

Wild Rice-Bacon Muffins

1 egg
2 cups Bisquick Original baking mix
⅔ cup milk
2 tablespoons vegetable oil
¾ cup cooked wild rice
½ cup shredded Monterey Jack cheese
2 tablespoons Bac~Os® bacon-flavored bits or crumbled cooked bacon

HEAT oven to 400°. Grease bottoms only of 12 medium muffin cups, 2½x1¼ inches, or line with paper baking cups.

BEAT egg slightly in medium bowl. Stir in baking mix, milk and oil just until moistened. Fold in remaining ingredients. Divide batter evenly among muffin cups.

BAKE 15 to 18 minutes or until golden brown. Cool slightly before removing from pan. Serve warm.

1 dozen muffins.

Nutrition Information Per Serving

1 muffin		Percent of U.S. RDA	
Calories	140	Protein	6%
Protein, g	4	Vitamin A	2%
Carbohydrate, g	15	Vitamin C	*
Fat, g	7	Thiamin	16%
Cholesterol, mg	25	Riboflavin	8%
Sodium, mg	380	Niacin	4%
Potassium, mg	100	Calcium	8%
		Iron	4%

▲Italian Muffins

¼ cup (½ stick) margarine or butter, melted
2 teaspoons Italian seasoning
¼ teaspoon coarsely ground pepper
4¼ cups Bisquick Original baking mix
1 cup shredded mozzarella or Cheddar cheese (4 ounces)
1¼ cups milk

HEAT oven to 400°. Mix margarine, Italian seasoning and pepper. Brush 12 medium muffin cups, 2½x1¼ inches, with about 3 tablespoons of the margarine mixture.

MIX baking mix, cheese and milk until soft dough forms; beat 30 seconds. If dough is too sticky, gradually mix in enough baking mix (up to ¼ cup) to make dough easy to handle.

TURN dough onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead gently 6 to 8 times. Cut dough into 12 pieces; shape each piece into a ball. Place balls in muffin cups; brush with remaining margarine mixture. Bake 15 to 20 minutes or until golden brown. Serve warm.

1 dozen muffins.

Nutrition Information Per Serving

1 muffin		Percent of U.S. RDA	
Calories	240	Protein	10%
Protein, g	6	Vitamin A	8%
Carbohydrate, g	27	Vitamin C	*
Fat, g	12	Thiamin	16%
Cholesterol, mg	5	Riboflavin	14%
Sodium, mg	710	Niacin	8%
Potassium, mg	110	Calcium	18%
		Iron	8%

Pizzas and Impossible Pies

This tempting collection includes oriental and Italian impossible pies **and** pizzas any way you like 'em–thin crust or deep dish–with creative new toppings.

Sausage Brunch Bake (page 42)
Canadian Bacon Pizza (page 42)

Create-a-Pizza

Pizza Crust (below)
1 can (8 ounces) tomato sauce
1 teaspoon Italian seasoning
⅛ teaspoon garlic powder
1 Meat Topping (right)
Vegetable Toppings (right), as desired
1½ cups shredded mozzarella cheese (6 ounces)

MOVE oven rack to lowest position. Heat oven to 450°. Prepare Pizza Crust.

MIX tomato sauce, Italian seasoning and garlic powder; spread over crust. Top with one of the Meat Toppings and desired number of Vegetable Toppings. Sprinkle with cheese.

BAKE 12 to 15 minutes or until crust is brown and cheese is melted.

8 servings.

Pizza Crust

1½ cups Bisquick Original baking mix
⅓ cup very hot water

Grease cookie sheet or 12-inch pizza pan. Mix baking mix and hot water; beat vigorously 20 strokes. Turn dough onto surface generously dusted with baking mix; gently roll in baking mix to coat. Knead about 60 times or until smooth and no longer sticky. Press dough into 13-inch circle on cookie sheet or press in pizza pan, using hands dusted with baking mix. Pinch edge, forming ½-inch rim.

For deep-dish pizza crust: Grease jelly roll pan, 15½x10½x1 inch, or cookie sheet. Dissolve 1 package regular or quick-acting active dry yeast in ¾ cup warm water (105° to 115°) in large bowl. Stir in 3 cups Bisquick Original baking mix; beat vigorously 20 strokes. Turn dough onto surface generously dusted with baking mix. Knead about 60 times or until smooth and no longer sticky. Let dough rest 5 minutes. Press dough in bottom and up sides of pan. Or pat into rectangle, 13x10 inches, on cookie sheet; pinch edges of rectangle, forming ¾-inch rim.

Meat Toppings

½ to 1 pound ground beef, cooked and drained
½ to 1 pound Italian sausage, cooked and drained
1 package (3½ ounces) sliced pepperoni
1 package (6 ounces) sliced Canadian-style bacon
4 to 6 franks, sliced

Vegetable Toppings

Sliced mushrooms
Chopped bell pepper
Sliced green onions or chopped onion
Sliced ripe or pimiento-stuffed olives
Chopped fresh herbs

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	215	Protein	20%
Protein, g	13	Vitamin A	6%
Carbohydrate, g	16	Vitamin C	2%
Fat, g	11	Thiamin	10%
Cholesterol, mg	30	Riboflavin	12%
Sodium, mg	620	Niacin	10%
Potassium, mg	230	Calcium	20%
		Iron	8%

▲ Fajita Pizza

½ pound boneless, skinless chicken breasts
2 tablespoons vegetable oil
½ medium bell pepper, cut into thin rings
1 small onion, sliced
½ cup salsa or picante sauce
Pizza Crust (page 38)
1½ cups shredded mozzarella cheese (6 ounces)

MOVE oven rack to lowest position. Heat oven to 450°. Cut chicken into strips, ⅛ to ¼ inch thick. Heat 10-inch skillet until 1 or 2 drops of water bubble and skitter when sprinkled in skillet. Add oil; rotate skillet to coat bottom and side. Add chicken; cook and stir 3 to 4 minutes. Add bell pepper and onion; cook and stir 3 to 4 minutes or until vegetables are crisp-tender; remove from heat. Stir in salsa; reserve.

PREPARE Pizza Crust. Sprinkle ¾ cup of the cheese over crust. Top with reserved chicken mixture. Sprinkle with remaining cheese.

BAKE 12 to 15 minutes or until crust is brown and cheese is melted and bubbly.

8 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	225	Protein	20%
Protein, g	14	Vitamin A	4%
Carbohydrate, g	17	Vitamin C	4%
Fat, g	11	Thiamin	10%
Cholesterol, mg	25	Riboflavin	12%
Sodium, mg	600	Niacin	14%
Potassium, mg	170	Calcium	20%
		Iron	6%

BISQUICK BONUS

Creative Pizza Toppings

Be inventive–try new toppings to add pizzazz to pizza! Follow recipe for *Pizza Crust* in *Create-a-Pizza* (page 38). Top with any of the following: *Tex-Mex Pizza*–Monterey Jack or hot pepper cheese, chopped green bell pepper, drained canned black beans, cooked ground beef or chorizo sausage and garnish with shredded lettuce, chopped tomatoes, sour cream and shredded Cheddar cheese; *California Pizza*–Fontina cheese, sun-dried tomatoes, drained marinated artichoke hearts, sliced smoked duck or turkey and pesto; *Vegetable Pizza*–mozzarella or provolone cheese, bell pepper strips, sliced zucchini and yellow summer squash, chopped red or green onions and chopped seeded roma (plum) tomatoes.

Individual Barbecue Chicken Pizzas

2 tablespoons firm margarine or butter
1½ cups Bisquick Original baking mix
¼ cup water
1 cup shredded cooked chicken
⅓ cup barbecue sauce
1 small onion, very thinly sliced
1 small red or yellow bell pepper, very thinly sliced
1 cup shredded Monterey Jack cheese (4 ounces)
Sliced ripe olives, if desired

HEAT oven to 400°. Grease cookie sheet. Cut margarine into baking mix until mixture resembles coarse crumbs. Stir in water just until dry ingredients are moistened.

TURN dough onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 4 or 5 times. Divide dough into 8 pieces. Pat or roll each piece into 3-inch circle. Place circles on cookie sheet.

MIX chicken and barbecue sauce; spread mixture over circles. Top with onion, bell pepper and cheese. Bake 14 to 17 minutes or until crusts begin to brown. Garnish with olives.

8 pizzas.

Nutrition Information Per Serving

1 pizza		Percent of U.S. RDA	
Calories	215	Protein	16%
Protein, g	10	Vitamin A	12%
Carbohydrate, g	17	Vitamin C	10%
Fat, g	12	Thiamin	10%
Cholesterol, mg	30	Riboflavin	10%
Sodium, mg	540	Niacin	12%
Potassium, mg	150	Calcium	14%
		Iron	6%

This is a casserole the whole family will enjoy. Serve with fresh corn-on-the-cob.

Popover Pizza

1 pound lean or regular ground beef
1 can (15 ounces) tomato sauce
1 small green bell pepper, chopped (about ½ cup)
2 tablespoons Bisquick Original baking mix
1 tablespoon chopped fresh parsley
½ teaspoon pepper
2 cups shredded Cheddar cheese (8 ounces)
¾ cup water
¼ cup (½ stick) margarine or butter
1 cup Bisquick Original baking mix
4 eggs
¼ cup chopped green onions (2 to 3 medium)

HEAT oven to 400°. Cook ground beef in 10-inch skillet, stirring frequently, until brown; drain. Stir in tomato sauce, bell pepper, 2 tablespoons baking mix, the parsley and pepper. Heat to boiling. Boil and stir 1 minute.

SPREAD beef mixture in ungreased rectangular pan, 13x9x2 inches. Sprinkle with cheese. Heat water and margarine to rolling boil in 3-quart saucepan. Stir in 1 cup baking mix all at once; reduce heat to low. Stir vigorously about 1½ minutes or until mixture forms a ball; remove from heat.

BEAT eggs, one at a time, into dough mixture; continue beating until smooth. Spread over beef mixture. Sprinkle with onions. Bake 25 to 30 minutes or until puffy and golden brown. Serve immediately.

6 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	535	Protein	46%
Protein, g	30	Vitamin A	30%
Carbohydrate, g	21	Vitamin C	14%
Fat, g	37	Thiamin	16%
Cholesterol, mg	225	Riboflavin	32%
Sodium, mg	1150	Niacin	22%
Potassium, mg	590	Calcium	28%
		Iron	18%

BISQUICK BONUS

Whole-Grain Pizza Crust

For a delicious nutty flavor, make a whole-grain pizza crust. Prepare *Pizza Crust* as directed in *Create-a-Pizza* (page 38)–except decrease baking mix to 1¼ cups and add ¼ cup wheat germ.

You can use either fresh or canned pineapple to prepare this easy-to-assemble pizza.

Canadian Bacon Pizza

Pizza Crust (page 38)
2 cups shredded mozzarella cheese (8 ounces)
1 can (8 ounces) pizza sauce
1 package (6 ounces) sliced Canadian-style bacon, cut into fourths
1 can (20 ounces) sliced pineapple or pineapple chunks, drained
2 tablespoons sliced green onions

MOVE oven rack to lowest position. Heat oven to 450°. Prepare Pizza Crust.

SPRINKLE 1½ cups of the cheese over crust. Spoon pizza sauce over cheese. Top with bacon, pineapple and onions. Sprinkle with remaining cheese.

BAKE 12 to 15 minutes or until crust is brown and cheese is melted.

8 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	250	Protein	22%
Protein, g	14	Vitamin A	6%
Carbohydrate, g	24	Vitamin C	10%
Fat, g	11	Thiamin	22%
Cholesterol, mg	25	Riboflavin	14%
Sodium, mg	860	Niacin	12%
Potassium, mg	260	Calcium	26%
		Iron	6%

Sausage Brunch Bake

1 package (12 ounces) bulk pork or turkey sausage
¾ cup Bisquick Original baking mix
½ cup milk
6 eggs
1 can (8 ounces) whole kernel corn, drained
1 cup frozen loose-pack hash browns
1 cup shredded Cheddar cheese (4 ounces)
⅓ cup sliced green onions (about 3 medium)
1 medium tomato, thinly sliced

HEAT oven to 350°. Grease square baking dish, 8x8x2 inches. Cook sausage in 10-inch skillet over medium heat, stirring frequently, until sausage is brown; drain.

MIX baking mix, milk and eggs in baking dish with fork until batter is uniform color (batter will be lumpy). Stir in sausage and remaining ingredients except tomato. Bake immediately, or cover and refrigerate up to 24 hours.

BAKE uncovered 45 to 50 minutes or until knife inserted in center comes out clean. Garnish with tomato.

6 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	410	Protein	30%
Protein, g	19	Vitamin A	14%
Carbohydrate, g	25	Vitamin C	10%
Fat, g	26	Thiamin	24%
Cholesterol, mg	255	Riboflavin	32%
Sodium, mg	940	Niacin	14%
Potassium, mg	460	Calcium	20%
		Iron	12%

▲ Easy Tortilla Bake

6 flour tortillas (8 inches in diameter)
1 pound lean or regular ground beef
1 medium onion, chopped (about ½ cup)
1 envelope (1¼ ounces) taco seasoning mix
1 can (8 ounces) tomato sauce
2 cups shredded Cheddar cheese (8 ounces)
1¼ cups milk
3 eggs
1 cup Bisquick Original baking mix

HEAT oven to 375°. Grease rectangular pan, 13x9x2 inches. Line pan with tortillas, bringing edges of tortillas up even with edges of pan. Cook ground beef and onion in 10-inch skillet, stirring frequently, until beef is brown; drain. Stir in seasoning mix (dry) and tomato sauce. Spoon beef mixture over tortillas. Sprinkle with cheese.

BEAT milk, eggs and baking mix in blender on high speed about 15 seconds, or with wire whisk or hand beater about 1 minute, until smooth. Pour over beef mixture.

BAKE 35 to 40 minutes or until knife inserted in center comes out clean. Cool 10 minutes before cutting. Serve with chopped tomato, shredded lettuce and sour cream if desired.

8 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	465	Protein	38%
Protein, g	25	Vitamin A	18%
Carbohydrate, g	35	Vitamin C	4%
Fat, g	25	Thiamin	20%
Cholesterol, mg	145	Riboflavin	30%
Sodium, mg	930	Niacin	20%
Potassium, mg	470	Calcium	26%
		Iron	18%

Serve with a crisp, green salad and a rich chocolate malt for a tasty lunchtime meal.

Impossible Cheeseburger Pie

1 pound lean or regular ground beef
3 medium onions, chopped (about 1½ cups)
¼ teaspoon salt
¼ teaspoon pepper
1½ cups milk
3 eggs
¾ cup Bisquick Original baking mix
2 medium tomatoes, sliced
4 (1-ounce) slices Cheddar or process American cheese, cut in half

HEAT oven to 400°. Grease pie plate, 10x1½ inches. Cook ground beef and onions in 10-inch skillet, stirring frequently, until beef is brown; drain. Stir in salt and pepper. Spread in pie plate.

BEAT milk, eggs and baking mix in blender on high speed about 15 seconds, or with wire whisk or hand beater about 1 minute, until smooth. Pour over beef mixture.

BAKE 25 minutes. Top with tomatoes and cheese. Bake 5 to 8 minutes longer or until knife inserted in center comes out clean. Cool 5 minutes.

6 servings.

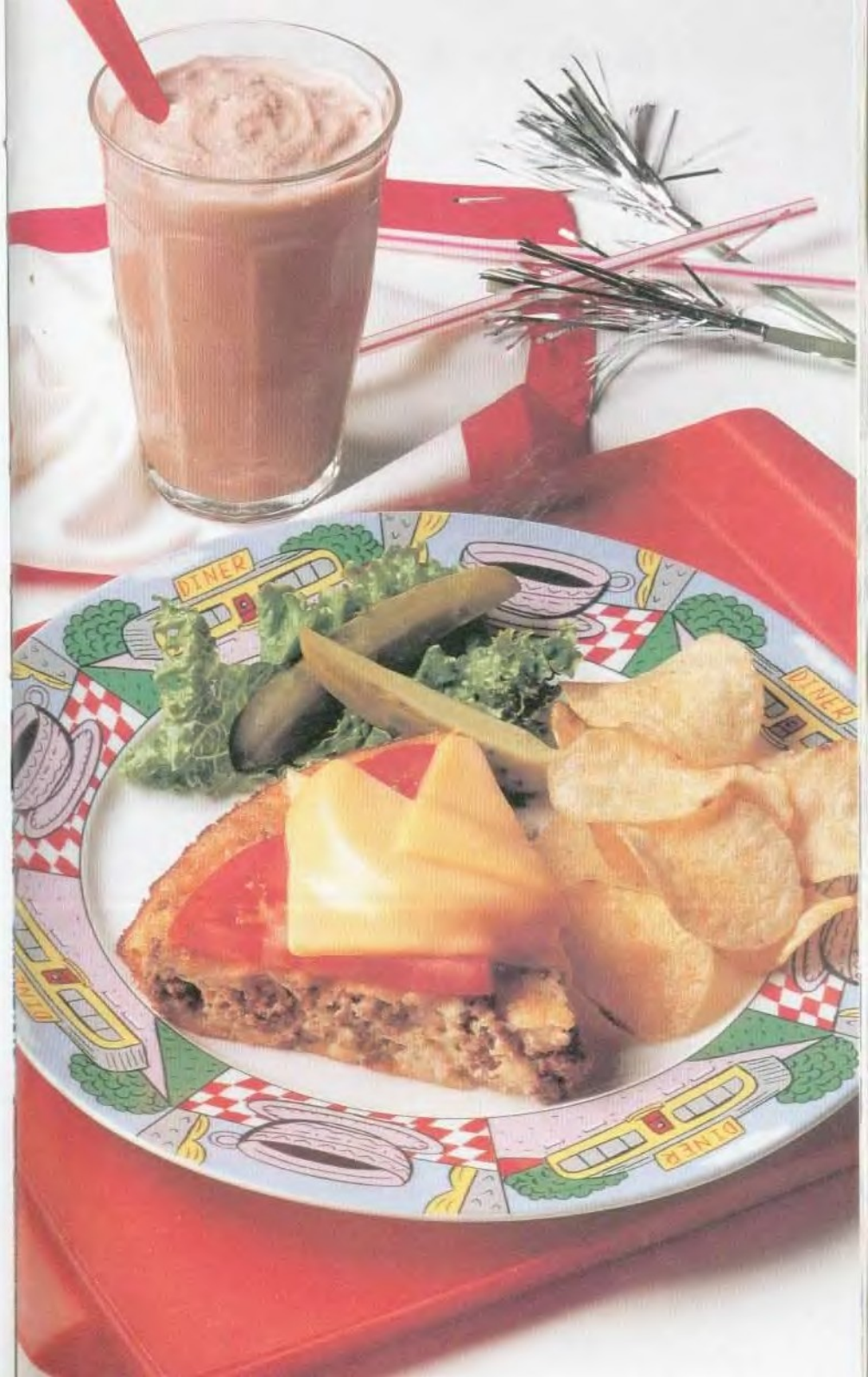
Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	380	Protein	38%
Protein, g	25	Vitamin A	14%
Carbohydrate, g	18	Vitamin C	8%
Fat, g	23	Thiamin	14%
Cholesterol, mg	175	Riboflavin	28%
Sodium, mg	520	Niacin	18%
Potassium, mg	510	Calcium	22%
		Iron	14%

BISQUICK BONUS

Impossible Cheeseburger 'n Veggie Pie

Perk up *Impossible Cheeseburger Pie* with vegetables! Add leftover cooked broccoli, peas, mixed vegetables, carrots or a combination of vegetables to the ground beef mixture. Continue as directed in recipe.



Wake up to a healthy breakfast made with Bisquick® Reduced Fat baking mix. Baked in the oven, our Blueberry-Oatmeal Oven Pancake is a twist on traditional pancakes. This breakfast provides a good source of calcium from yogurt and 3 grams of fiber from whole-grain oats. Fruity Yogurt Pancakes combine Bisquick Reduced Fat with skim milk and fat-free yogurt for an eye-opener loaded with complex carbohydrates. A serving of either recipe provides 60 percent less fat than regular pancakes. Add a glass of juice for a vitamin C bonus.

Studies show that people who eat a breakfast that includes complex carbohydrates, milk and fruit or juice get a head start on meeting their daily goals for a healthy diet. Jump start your day with a healthy pancake breakfast!

Blueberry-Oatmeal Oven Pancake

- 1½ cups Bisquick Reduced Fat baking mix
- 1 cup quick-cooking oats
- ⅔ cup Yoplait† Fat Free vanilla yogurt
- 1 cup skim milk
- 2 tablespoons sugar
- 1 egg white
- 1 can (16½ ounces) blueberries in syrup
- 1 tablespoon cornstarch
- ¼ teaspoon grated orange peel, if desired

HEAT oven to 425°. Spray jelly roll pan, 15½x10½x1 inch, with nonstick cooking spray.

BEAT baking mix, oats, yogurt, milk, sugar and egg white with wire whisk or hand beater until well blended. Drain blueberries, reserving syrup and ¼ cup blueberries. Gently stir remaining blueberries into batter. Spread batter in pan.

BAKE 14 to 16 minutes or until set. Meanwhile, cook reserved syrup, the cornstarch and orange peel in 1-quart saucepan, stirring frequently, until thickened and bubbly. Stir in reserved blueberries. Cut pancake into 12 squares. Serve immediately with blueberry sauce. 6 servings.

Fruity Yogurt Pancakes

- 2 cups Bisquick Reduced Fat baking mix
- ½ cup skim milk
- 1 tablespoon sugar
- 1 container (6 ounces) Yoplait Fat Free fruit-flavored yogurt (about ⅔ cup)
- 2 eggs

HEAT griddle or skillet; grease if necessary. Beat all ingredients with wire whisk or hand beater until well blended (batter will be thick).

POUR batter by scant ¼ cupfuls onto hot griddle. Spread batter slightly.

COOK until edges are dry. Turn; cook until golden brown. About 12 pancakes.

NUTRITION

Blueberry-Oatmeal Oven Pancake	
1 serving	
Calories	260
Protein, g	7
Carbohydrate, g	51
Fat, g	3
Cholesterol, mg	2
Sodium, mg	390
Potassium, mg	230
Percent of U.S. RDA	
Protein	10%
Vitamin A	2%
Vitamin C	*
Thiamin	26%
Riboflavin	26%
Niacin	18%
Calcium	16%
Iron	32%

Fruity Yogurt Pancakes	
1 pancake	
Calories	100
Protein, g	3
Carbohydrate, g	17
Fat, g	2
Cholesterol, mg	35
Sodium, mg	250
Potassium, mg	80
Percent of U.S. RDA	
Protein	4%
Vitamin A	*
Vitamin C	*
Thiamin	8%
Riboflavin	8%
Niacin	4%
Calcium	6%
Iron	4%

You can still enjoy your favorite foods on a low-fat diet with Bisquick Reduced Fat baking mix.

Impossible Chicken Parmigiana Pie

- ¾ cup small curd creamed cottage cheese
- ⅓ cup grated Parmesan cheese
- 1½ cups cut-up cooked chicken (about 8 ounces)
- 1¼ cups shredded mozzarella cheese (about 5 ounces)
- ½ teaspoon dried oregano leaves
- ½ teaspoon dried basil leaves
- ½ teaspoon garlic powder
- 1 can (6 ounces) tomato paste
- 1 cup milk
- 2 eggs
- ⅔ cup Bisquick Reduced Fat baking mix
- ¼ teaspoon pepper

HEAT oven to 400°. Grease pie plate, 10x1½ inches. Layer cottage cheese and Parmesan cheese in pie plate. Mix chicken, ½ cup of the mozzarella cheese, the oregano, basil, garlic powder and tomato paste; spoon over Parmesan cheese.

BEAT milk, eggs, baking mix and pepper in blender on high speed about 15 seconds, or with wire whisk or hand beater about 1 minute, until smooth. Pour over chicken mixture.

BAKE 30 minutes. Sprinkle with remaining mozzarella cheese. Bake 5 to 8 minutes longer or until knife inserted in center comes out clean. Cool 5 minutes.

6 to 8 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	260	Protein	34%
Protein, g	23	Vitamin A	20%
Carbohydrate, g	17	Vitamin C	10%
Fat, g	11	Thiamin	10%
Cholesterol, mg	120	Riboflavin	22%
Sodium, mg	630	Niacin	18%
Potassium, mg	460	Calcium	30%
		Iron	12%

BISQUICK BONUS

Personal-Pizza Party

For a birthday or Halloween party, have a make-your-own-pizza party. Prepare pizza crusts as directed in *Individual Barbecue Chicken Pizzas* (page 40). Set out a variety of toppings, and let guests assemble their own pizzas.

This colorful impossible pie is perfect to serve for brunch or dinner. Add a fresh fruit salad of sliced oranges, pineapple cubes and melon balls.

Oriental Bake

- 1 package (12 ounces) bulk turkey or pork sausage
- 1 medium onion, chopped (about ½ cup)
- 2 cloves garlic, finely chopped
- 1 tablespoon vegetable oil
- 1 package (10 ounces) frozen Chinese stir-fry vegetables (with seasoning packet), thawed and drained*
- ¾ cup Bisquick Original baking mix
- 1½ cups milk
- ¼ teaspoon ground ginger
- ⅛ teaspoon pepper
- 3 eggs
- 1 tablespoon sesame seed, if desired

HEAT oven to 400°. Grease pie plate, 10x1½ inches. Cook sausage, onion and garlic in oil in 10-inch skillet over medium heat, stirring frequently, until sausage is brown; drain. Spread sausage mixture in pie plate.

SPREAD vegetables (without seasoning packet) over sausage mixture. Beat seasoning packet and remaining ingredients except sesame seed in blender on high speed about 15 seconds, or with wire whisk or hand beater about 1 minute, until smooth. Pour over vegetables.

BAKE 30 minutes. Sprinkle with sesame seed. Bake 5 to 10 minutes longer or until knife inserted in center comes out clean. Cool 5 minutes.

6 servings.

*Japanese stir-fry vegetables have no seasoning packet but can be substituted for the Chinese stir-fry vegetables. Spread vegetables over sausage mixture as directed.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	255	Protein	18%
Protein, g	12	Vitamin A	8%
Carbohydrate, g	16	Vitamin C	6%
Fat, g	16	Thiamin	22%
Cholesterol, mg	135	Riboflavin	22%
Sodium, mg	790	Niacin	10%
Potassium, mg	340	Calcium	12%
		Iron	8%

Create-a-Pizza (page 38)
Tex-Mex Pizza (page 40)

Choose firm, bright green asparagus stalks with tight tips to make this savory impossible pie. Honey Wheat Muffins (page 33) are a delicious accompaniment.

Salmon-Asparagus Pie

1 pound asparagus, cut into 1-inch pieces (about 2 cups)*
¼ cup sliced green onions (2 to 3 medium)
1½ cups shredded Swiss cheese (6 ounces)
1 can (about 6⅛ ounces) salmon or tuna, drained and flaked
1¾ cups milk
3 eggs
1 cup Bisquick Original baking mix
1½ teaspoons chopped fresh or ½ teaspoon dried basil leaves
⅛ teaspoon pepper

HEAT oven to 400°. Grease pie plate, 10x1½ inches. Sprinkle into pie plate in order listed: asparagus, onions, ¾ cup of the cheese and the salmon.

BEAT remaining ingredients except cheese in blender on high speed about 15 seconds, or with wire whisk or hand beater about 1 minute, until smooth. Pour over salmon.

BAKE 40 to 45 minutes or until knife inserted in center comes out clean. Immediately sprinkle with remaining ¾ cup cheese. Bake about 2 minutes longer or until cheese is melted. Let stand 10 minutes before serving.

6 to 8 servings.

*1 package (10 ounces) frozen asparagus cuts, thawed and well drained, can be substituted for the fresh asparagus. Decrease milk to 1½ cups and increase baking mix to 1¼ cups.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	310	Protein	34%
Protein, g	22	Vitamin A	16%
Carbohydrate, g	19	Vitamin C	8%
Fat, g	16	Thiamin	12%
Cholesterol, mg	155	Riboflavin	30%
Sodium, mg	590	Niacin	16%
Potassium, mg	390	Calcium	48%
		Iron	8%

Seafood Florentine Bake

2 pounds fish fillets (flounder, haddock or pollock)
½ teaspoon onion powder
½ teaspoon pepper
¼ teaspoon salt, if desired
1 can (10¾ ounces) condensed cream of shrimp soup
1 package (10 ounces) frozen chopped spinach, thawed and well drained
2 cups Bisquick Original baking mix
⅓ cup grated Parmesan cheese
1 cup milk
2 eggs

HEAT oven to 350°. Grease rectangular baking dish, 13x9x2 inches. Arrange fish fillets in baking dish. Sprinkle with onion powder, pepper and salt. Spoon soup over fish. Top with spinach.

BEAT remaining ingredients with wire whisk or hand beater about 1 minute or until almost smooth; pour over spinach.

BAKE uncovered about 40 minutes or until top is golden brown. Let stand 5 minutes.

8 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	305	Protein	42%
Protein, g	27	Vitamin A	26%
Carbohydrate, g	24	Vitamin C	2%
Fat, g	11	Thiamin	18%
Cholesterol, mg	115	Riboflavin	22%
Sodium, mg	920	Niacin	16%
Potassium, mg	480	Calcium	20%
		Iron	10%

BISQUICK BONUS

Bisquick Fun Dough

Make your own nonedible fun dough! Mix 1¼ cups Bisquick Original baking mix, ¼ cup salt and 1 teaspoon cream of tartar in 1½-quart saucepan. Mix 1 cup water and a few drops liquid or paste food color; gradually stir into dry ingredients. Cook over medium heat about 2 minutes, stirring vigorously, until mixture forms a ball.

Cool 20 minutes. Remove from pan. Knead about 1 minute or until smooth. (If dough is sticky, add 1 to 2 tablespoons baking mix.) Create your favorite shapes and designs. Cool completely. Store in tightly covered container in refrigerator.

Easy Main Dishes

Cool, crisp weather is the perfect time to savor homey hearty-flavored pot pies, casseroles, hot sandwiches, chowders, soups and chilies.

Curried Beef Calzones (page 62)
Beef Cassoulet with Herb Dumplings (page 65)

Make this casserole extra special by topping it with shredded lettuce, chopped tomatoes, sliced ripe olives and a dollop of sour cream.

Tex-Mex Turkey Bake

- 2 cups Bisquick Original baking mix
- ½ cup cold water
- Nonstick cooking spray or 1 tablespoon vegetable oil
- 1 pound ground turkey
- 1 envelope (1¼ ounces) taco seasoning mix
- 1 cup water
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 1 cup ricotta cheese
- ⅓ cup chopped green onions (about 3 medium)
- 1½ cups shredded Cheddar cheese (6 ounces)
- 1 cup sour cream
- 1 egg

HEAT oven to 375°. Grease rectangular pan, 13x9x2 inches. Mix baking mix and ½ cup cold water until soft dough forms. Press dough in bottom of pan, using fingers dipped in baking mix.

SPRAY 12-inch skillet with nonstick cooking spray or coat with oil. Cook ground turkey in skillet over medium heat, stirring frequently, until white; drain. Stir in seasoning mix (dry) and 1 cup water. Heat to boiling; reduce heat. Simmer uncovered 15 minutes, stirring occasionally. Spoon turkey mixture over dough.

MIX spinach, ricotta cheese and onions; spread over turkey mixture. Mix Cheddar cheese, sour cream and egg; spoon evenly over spinach mixture. Bake 30 to 35 minutes or until set. Let stand 5 minutes before cutting.

8 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	440	Protein	38%
Protein, g	25	Vitamin A	36%
Carbohydrate, g	26	Vitamin C	4%
Fat, g	26	Thiamin	16%
Cholesterol, mg	115	Riboflavin	28%
Sodium, mg	850	Niacin	18%
Potassium, mg	370	Calcium	34%
		Iron	14%

Serve with apple, orange or watermelon slices for an easy delicious meal.

Hot Turkey Salad with Sage Biscuits

- ¼ cup reduced-calorie mayonnaise or regular mayonnaise or salad dressing
- 2 tablespoons Bisquick Original baking mix
- 2 cups cut-up cooked turkey (about 10 ounces)
- 2 medium stalks celery, sliced (about 1 cup)
- 2 green onions, sliced
- 2¼ cups Bisquick Original baking mix
- ¾ cup milk
- ½ teaspoon dried sage leaves
- ¼ cup shredded Cheddar cheese

HEAT oven to 425°. Mix mayonnaise and 2 tablespoons baking mix in medium bowl until well blended. Stir in turkey, celery and onions; reserve.

MIX 2¼ cups baking mix, the milk and sage just until soft dough forms. Turn onto surface generously dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead gently 10 times. Roll ½ inch thick. Cut with 1½-inch round cutter dipped in baking mix. Place close together around edges of ungreased square pan, 9x9x2 inches.

SPOON reserved turkey mixture into mound in center of biscuits. Sprinkle cheese over turkey mixture. Bake 18 to 20 minutes or until biscuits are golden brown and salad is hot.

4 servings.

Lower-Cholesterol Hot Turkey Salad with Sage Biscuits: Use skim milk and reduced-fat Cheddar cheese.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	510	Protein	44%
Protein, g	29	Vitamin A	4%
Carbohydrate, g	49	Vitamin C	2%
Fat, g	22	Thiamin	32%
Cholesterol, mg	75	Riboflavin	30%
Sodium, mg	1250	Niacin	42%
Potassium, mg	470	Calcium	24%
		Iron	20%

BISQUICK BONUS

Drop Biscuit Toppings

Prepare *Drop Biscuits* as directed in *Rolled Biscuits* (page 24)–*except* before baking, sprinkle tops with one of the following: poppy seed, celery seed, sesame seed or chopped fresh or freeze-dried chives.

For a change, serve this hearty oriental dish over brown rice. It's more nutritious than white rice with a wonderful nutlike flavor and chewy texture.

Sweet-and-Sour Chicken

- 3 tablespoons margarine or butter, melted
- 2 eggs
- 2 tablespoons milk
- 1 cup Bisquick Original baking mix
- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- Sweet-and-Sour Sauce* (right)
- 4 cups hot cooked rice

HEAT oven to 425°. Spread 1 tablespoon of the margarine in jelly roll pan, 15½x10½x1 inch. Beat eggs and milk slightly. Place baking mix in shallow dish.

DIP about one-fourth of the chicken cubes into egg mixture. Roll chicken cubes one at a time in baking mix to coat; place in pan. Repeat with remaining chicken. Drizzle remaining 2 tablespoons margarine over chicken.

BAKE uncovered 10 minutes. Turn; bake 10 minutes longer. Prepare Sweet-and-Sour Sauce. Stir chicken into sauce; heat through. Serve over rice.

6 servings.

Sweet-and-Sour Sauce

- ⅓ cup packed brown sugar
- 3 tablespoons cornstarch
- 1 can (20 ounces) pineapple chunks in syrup, drained and syrup reserved
- 3 tablespoons white vinegar
- 2 tablespoons ketchup
- 2 tablespoons soy sauce
- 1 medium green bell pepper, cut into 1-inch pieces
- 1 small onion, sliced

Mix brown sugar and cornstarch in Dutch oven. Add enough water to reserved pineapple syrup to measure 2¼ cups. Stir syrup-water mixture, vinegar, ketchup and soy sauce into brown sugar mixture. Cook over medium-high heat, stirring constantly, until mixture thickens and boils. Stir in pineapple, bell pepper and onion; reduce heat. Cover and simmer 5 minutes.

*3 cups prepared sweet-and-sour sauce can be substituted for the Sweet-and-Sour Sauce.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	545	Protein	38%
Protein, g	24	Vitamin A	12%
Carbohydrate, g	83	Vitamin C	16%
Fat, g	13	Thiamin	32%
Cholesterol, mg	115	Riboflavin	16%
Sodium, mg	1340	Niacin	42%
Potassium, mg	480	Calcium	10%
		Iron	22%

▲Lemon-Apricot Chicken

- 4 tablespoons margarine or butter, melted
- 1 egg
- 2 tablespoons water
- 1 cup Bisquick Original baking mix
- 1 tablespoon grated lemon peel
- ¼ teaspoon garlic powder
- 6 small boneless, skinless chicken breast halves (about 1 pound)
- Lemon-Apricot Sauce (right)

HEAT oven to 425°. Spread 1 tablespoon of the melted margarine in jelly roll pan, 15½x10½x1 inch. Beat egg and water slightly. Mix baking mix, lemon peel and garlic powder. Flatten chicken breast halves to ½-inch thickness between plastic wrap or waxed paper.

DIP chicken into egg mixture, then coat with baking mix mixture. Place in pan. Drizzle with remaining melted margarine.

BAKE uncovered 20 minutes. Turn; bake 10 minutes longer or until juices run clear. Prepare Lemon-Apricot Sauce. Cut chicken crosswise into ½-inch slices. Pour sauce over chicken. Garnish with lemon slices if desired.

6 servings.

Lemon-Apricot Sauce

- ⅔ cup apricot preserves
- 2 tablespoons lemon juice
- ½ teaspoon soy sauce
- ¼ teaspoon ground ginger

Mix all ingredients in saucepan; heat through.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	355	Protein	32%
Protein, g	21	Vitamin A	12%
Carbohydrate, g	36	Vitamin C	4%
Fat, g	14	Thiamin	10%
Cholesterol, mg	80	Riboflavin	12%
Sodium, mg	470	Niacin	32%
Potassium, mg	240	Calcium	6%
		Iron	8%

Here's a family favorite that can be served for a variety of occasions from easy weeknight dinners to casual entertaining.

Tostada Bake

- 2 cups Bisquick Original baking mix
- ½ cup cornmeal
- ½ cup milk
- 3 tablespoons vegetable oil
- 1 pound lean or regular ground beef
- 1 medium onion, chopped (about ½ cup)
- 1 envelope (1¼ ounces) taco seasoning mix
- 1 can (8 ounces) tomato sauce
- 1 can (16 ounces) refried beans
- 1 can (4 ounces) chopped green chilies, drained
- ½ cup shredded Cheddar cheese
- ½ cup shredded Monterey Jack cheese
- Sour cream, if desired
- Sliced green onions, if desired
- Shredded Cheddar cheese, if desired

HEAT oven to 375°. Grease jelly roll pan, 15½x10½x1 inch. Mix baking mix, cornmeal, milk and oil until moistened; beat vigorously 30 seconds. Pat dough in pan. Bake 10 minutes.

COOK ground beef and onion in 10-inch skillet, stirring frequently, until beef is brown; drain. Stir in seasoning mix, tomato sauce, beans and chilies. Spoon beef mixture onto crust. Sprinkle with cheeses.

BAKE about 15 minutes or until hot. Garnish each piece with sour cream, green onions and cheese.

8 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	465	Protein	32%
Protein, g	21	Vitamin A	12%
Carbohydrate, g	43	Vitamin C	14%
Fat, g	23	Thiamin	22%
Cholesterol, mg	50	Riboflavin	22%
Sodium, mg	1270	Niacin	22%
Potassium, mg	640	Calcium	20%
		Iron	20%

Toss a green salad while this simple skillet dish is cooking. Dinner will be on the table in 30 minutes.

Skillet Cheeseburger Pie

- 1 pound lean or regular ground beef
- 1 medium onion, chopped (about ½ cup)
- ¾ cup Bisquick Original baking mix
- ½ cup milk
- ¼ to ½ teaspoon garlic salt
- ⅛ teaspoon pepper
- 5 eggs
- 1½ cups shredded Cheddar cheese (6 ounces)
- 2 tablespoons margarine or butter
- 1 to 2 medium tomatoes, sliced

COOK ground beef and onion in 10-inch skillet, stirring frequently, until beef is brown; drain.

MIX baking mix, milk, garlic salt, pepper and eggs in medium bowl with fork until blended (mixture will be lumpy). Stir in beef mixture and ½ cup of the cheese.

HEAT margarine in 10-inch skillet until melted and bubbly. Gradually pour beef mixture into skillet. Cover and cook over medium-low heat 12 to 17 minutes or until almost set. Top with tomatoes; sprinkle with remaining 1 cup cheese. Cover and cook 3 to 7 minutes or until cheese is melted.

8 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	330	Protein	32%
Protein, g	21	Vitamin A	14%
Carbohydrate, g	10	Vitamin C	2%
Fat, g	23	Thiamin	8%
Cholesterol, mg	190	Riboflavin	22%
Sodium, mg	430	Niacin	12%
Potassium, mg	290	Calcium	16%
		Iron	10%

BISQUICK BONUS

Chili 'n Biscuits

Prepare *Rolled Biscuits* (page 24) as directed. Heat canned chili until hot. Split biscuits; spoon chili over bottom halves. Place tops on biscuits, and spoon chili over biscuits. Sprinkle with shredded Cheddar cheese.

For variety, add olives, sliced pepperoni, cut into fourths, or chopped tomatoes to the pizza sauce mixture.

Pizza Pot Pies

1 pound lean or regular ground beef
1 medium onion, chopped (about ½ cup)
1 small green bell pepper, chopped (about ½ cup)
1 can (8 ounces) pizza sauce
1 can (4 ounces) mushroom stems and pieces, drained
1 cup shredded mozzarella cheese (4 ounces)
1 cup Bisquick Original baking mix
¼ cup boiling water
Grated Parmesan cheese, if desired
Italian seasoning, if desired

HEAT oven to 375°. Grease four 10- to 12-ounce casseroles.

COOK ground beef, onion and bell pepper in 10-inch skillet, stirring frequently, until beef is brown; drain. Stir in pizza sauce and mushrooms. Heat to boiling; reduce heat. Simmer uncovered 5 minutes, stirring occasionally. Spoon ½ of beef mixture into casseroles. Sprinkle ¼ cup mozzarella cheese on each. Spoon remaining beef mixture over cheese.

MIX baking mix and boiling water; beat vigorously 20 seconds. Turn dough onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead about 10 times or until smooth. Divide dough into 4 balls. Pat each ball into circle the size of diameter of casserole. Cut out desired shapes from dough with small cookie cutters if desired. Place each circle on beef mixture. Sprinkle with Parmesan cheese and Italian seasoning. Bake 15 to 20 minutes or until very light brown.

4 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	490	Protein	50%
Protein, g	32	Vitamin A	8%
Carbohydrate, g	27	Vitamin C	18%
Fat, g	28	Thiamin	20%
Cholesterol, mg	80	Riboflavin	22%
Sodium, mg	990	Niacin	30%
Potassium, mg	610	Calcium	28%
		Iron	20%

Calzones are stuffed pizzas that resemble turnovers. Our version is filled with a well-seasoned ground beef mixture.

Curried Beef Calzones

¾ pound lean or regular ground beef
½ cup shredded carrot (about ½ large)
1 small onion, chopped (about ¼ cup)
¼ cup raisins
1 teaspoon curry powder
¼ teaspoon salt, if desired
¼ teaspoon ground cumin
1 can (8 ounces) tomato sauce
3 cups Bisquick Original baking mix
⅔ cup boiling water

COOK ground beef in 10-inch skillet, stirring frequently, until brown; drain. Stir in remaining ingredients except baking mix and boiling water. Heat to boiling; reduce heat. Simmer uncovered 10 minutes, stirring occasionally.

HEAT oven to 400°. Grease cookie sheet. Mix baking mix and boiling water; beat vigorously 20 seconds. Turn dough onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead about 60 times or until smooth and no longer sticky. Divide dough into 4 balls. Pat each ball into 7-inch circle. Place on cookie sheet.

SPOON about ½ cup beef mixture onto half of each circle. Moisten edge of circle. Fold circle over beef mixture; press edge with fork to seal. Cut 2 small slits in top of each crust. Bake about 25 minutes or until golden brown.

4 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	595	Protein	36%
Protein, g	23	Vitamin A	26%
Carbohydrate, g	69	Vitamin C	8%
Fat, g	25	Thiamin	40%
Cholesterol, mg	50	Riboflavin	30%
Sodium, mg	1670	Niacin	36%
Potassium, mg	700	Calcium	18%
		Iron	28%

To prevent dumplings from getting soggy, drop the dough directly onto the hot chicken mixture.

Chicken Chowder with Potato Dumplings

2 cups cut-up cooked chicken (about 10 ounces)
1 cup frozen or drained canned whole kernel corn
2 cups milk
¼ to ½ teaspoon salt
1 can (16 ounces) cream-style corn
1 jar (2 ounces) sliced pimientos, drained
1¼ cups Bisquick Original baking mix
⅓ cup Betty Crocker® Potato Buds® mashed potatoes (dry)
1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley flakes
2 tablespoons milk
1 egg

MIX chicken, whole kernel corn, 2 cups milk, the salt, cream-style corn and pimientos in Dutch oven. Heat to boiling over medium heat, stirring occasionally.

BEAT remaining ingredients until dough forms (dough will be slightly stiff). Turn dough onto surface generously dusted with baking mix; gently roll in baking mix to coat. Knead about 30 times or until no longer sticky. Pat dough into 5-inch square. Cut into ½-inch squares. Drop squares onto chicken mixture (do not drop directly into liquid).

COOK uncovered 6 to 8 minutes or until dumplings are slightly puffy and dry inside. Sprinkle with additional parsley if desired.

6 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	340	Protein	34%
Protein, g	22	Vitamin A	10%
Carbohydrate, g	41	Vitamin C	14%
Fat, g	10	Thiamin	18%
Cholesterol, mg	80	Riboflavin	26%
Sodium, mg	780	Niacin	30%
Potassium, mg	520	Calcium	16%
		Iron	14%

▲ Southwestern Chili with Dumplings

2 cups cut-up cooked chicken (about 10 ounces)
1 cup water
1 can (15 ounces) tomato sauce
1 package (1¾ ounces) chili seasoning mix
1 can (15 ounces) black beans, undrained
1 can (8 ounces) kidney beans, undrained
1 can (8 ounces) whole kernel corn, undrained
Dumpling Dough (right)
½ cup shredded Cheddar cheese

MIX chicken, water, tomato sauce and seasoning mix in Dutch oven. Heat to boiling; reduce heat. Cover and simmer 10 minutes, stirring occasionally. Stir in black beans, kidney beans and corn. Prepare Dumpling Dough.

HEAT chili to boiling; reduce heat to low. Drop dough by 12 spoonfuls onto chicken mixture (do not drop directly into liquid).

COOK uncovered 10 minutes. Cover and cook 10 minutes longer. Sprinkle with cheese. Cover and cook about 3 minutes or until cheese is melted.

6 servings.

Dumpling Dough

1½ cups Bisquick Original baking mix
½ cup cornmeal
⅔ cup milk

Mix all ingredients until soft dough forms.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	550	Protein	52%
Protein, g	34	Vitamin A	16%
Carbohydrate, g	76	Vitamin C	12%
Fat, g	12	Thiamin	40%
Cholesterol, mg	50	Riboflavin	28%
Sodium, mg	1440	Niacin	38%
Potassium, mg	1120	Calcium	22%
		Iron	38%

A cassoulet (ka-soo-LAY) is a classic French dish consisting of beans and meat.

Beef Cassoulet with Herb Dumplings

1 pound lean or regular ground beef
1 cup water
1 teaspoon dried oregano leaves
½ teaspoon dried basil leaves
2 cloves garlic, finely chopped
1 medium stalk celery, thinly sliced (about ½ cup)
1 medium onion, chopped (about ½ cup)
1 can (about 16 ounces) navy or kidney beans, drained
1 can (14½ ounces) ready-to-serve beef broth
1 can (16 ounces) whole tomatoes, undrained
2 cups Bisquick Original baking mix
⅔ cup milk
¼ teaspoon dried oregano leaves
¼ teaspoon dried basil leaves

COOK ground beef in Dutch oven, stirring frequently, until brown; drain. Stir in water, 1 teaspoon oregano, ½ teaspoon basil, the garlic, celery, onion, beans, broth and tomatoes; break up tomatoes. Heat to boiling; reduce heat.

MIX remaining ingredients until soft dough forms. Drop dough by 12 spoonfuls onto beef mixture (do not drop directly into liquid).

COOK uncovered over low heat 10 minutes. Cover and cook 10 minutes longer.

6 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	475	Protein	40%
Protein, g	26	Vitamin A	6%
Carbohydrate, g	52	Vitamin C	12%
Fat, g	18	Thiamin	32%
Cholesterol, mg	45	Riboflavin	22%
Sodium, mg	1110	Niacin	26%
Potassium, mg	830	Calcium	20%
		Iron	28%

Quick Beef 'n Vegetable Soup with Dumplings

1 pound lean or regular ground beef
1½ cups water
¼ teaspoon pepper
1 can (28 ounces) whole tomatoes, undrained
½ package (2- to 3-ounce size) onion soup mix (1 envelope)
1 package (10 ounces) frozen peas and carrots
1 cup Bisquick Original baking mix
⅓ cup milk
1 tablespoon parsley flakes

COOK ground beef in Dutch oven, stirring frequently, until brown; drain. Stir in water, pepper, tomatoes and soup mix (dry); break up tomatoes. Heat to boiling.

STIR in peas and carrots. Heat to boiling; reduce heat. Mix remaining ingredients; drop by heaping tablespoonfuls onto beef mixture (do not drop directly into liquid).

COOK uncovered 10 minutes. Cover and cook 10 minutes longer.

6 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	335	Protein	30%
Protein, g	20	Vitamin A	44%
Carbohydrate, g	30	Vitamin C	20%
Fat, g	15	Thiamin	22%
Cholesterol, mg	45	Riboflavin	20%
Sodium, mg	1740	Niacin	28%
Potassium, mg	690	Calcium	12%
		Iron	18%

BISQUICK BONUS

Bisquick Cutouts

Garnish tarts, shortcakes and casseroles with these fun cutouts. Heat oven to 450°F. Mix 1 cup Bisquick Original baking mix and ¼ cup boiling water until soft dough forms; beat 30 seconds. If dough is too sticky, gradually mix in up to 2 tablespoons baking mix. Turn onto surface well dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 10 times. Roll ⅛ inch thick.

Cut into desired shapes with 1- to 2-inch cookie cutters dipped in baking mix. For desserts, sprinkle with a mixture of 1½ teaspoons sugar and ¼ teaspoon ground cinnamon; for casseroles, sprinkle with herbs. Bake on ungreased cookie sheet until golden brown, 5 to 10 minutes.

For best results, use fish fillets that are about ¾ inch thick, or arrange fillets on top of each other to equal that thickness.

Sole au Gratin

Garlic Crumbs (right)
2 tablespoons margarine or butter
2 tablespoons Bisquick Original baking mix
1 teaspoon chicken bouillon granules
½ teaspoon ground mustard
1 cup milk
¼ cup grated Parmesan cheese
1 package (10 ounces) frozen chopped broccoli, thawed and well drained
1 tablespoon lemon juice
1½ pounds sole or other lean white fish fillets

HEAT oven to 350°. Prepare Garlic Crumbs. Heat margarine in 1½-quart saucepan over medium heat until melted. Stir in baking mix, bouillon granules and mustard. Cook over medium heat, stirring constantly, until mixture is hot and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheese until melted.

SPREAD broccoli in ungreased square baking dish, 9x9x2 inches. Sprinkle with lemon juice. Place fish fillets on broccoli. (If fillets are large, cut into 4 serving pieces; pat dry.) Spread cheese sauce over fish. Sprinkle with Garlic Crumbs.

BAKE about 30 minutes or until fish flakes easily with fork. Remove fish with slotted spoon. Serve with broccoli and sauce.

4 servings.

Garlic Crumbs

¾ cup Bisquick Original baking mix
¼ teaspoon garlic powder
2 tablespoons firm margarine or butter

Mix baking mix and garlic powder. Cut in margarine with fork or pastry blender until mixture is crumbly. Spread evenly in ungreased square pan, 9x9x2 inches. Bake 9 minutes; stir.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	420	Protein	56%
Protein, g	37	Vitamin A	32%
Carbohydrate, g	23	Vitamin C	22%
Fat, g	20	Thiamin	20%
Cholesterol, mg	90	Riboflavin	24%
Sodium, mg	1090	Niacin	20%
Potassium, mg	670	Calcium	24%
		Iron	10%

Breakfasts and Brunches

Rise and shine! It's a beautiful Bisquick morning, filled with mouth-watering pancakes, waffles, coffee cakes and sweet rolls. What a great way to start the day!

Orange-Pecan Rolls (page 21)

Dazzling Desserts

Enjoy sensational yet simple homemade treats–cakes, tortes, cupcakes, tarts, pies and cobblers. They're perfect for any occasion, from casual to oh-so-special!

Pumpkin-Hazelnut Torte (page 74)
Cranberry-Apple Shortcakes (page 80)

We continue to get requests for this popular Bisquick recipe. If you're serving a crowd, double the ingredients and use a 13x9x2-inch pan.

Velvet Crumb Cake

1½ cups Bisquick Original baking mix
½ cup sugar
½ cup milk or water
2 tablespoons shortening
1 teaspoon vanilla
1 egg
Broiled Topping (right)

HEAT oven to 350°. Grease and flour square pan, 8x8x2 or 9x9x2 inches, or round pan, 9x1½ inches.

BEAT all ingredients except Broiled Topping in large bowl on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Pour into pan.

BAKE 9-inch square pan 25 to 30 minutes, 8-inch square or 9-inch round pan 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool slightly. Prepare Broiled Topping; spread over cake. Set oven control to broil. Broil cake about 3 inches from heat about 3 minutes or until topping is golden brown.

8 servings.

Broiled Topping

½ cup flaked coconut
⅓ cup packed brown sugar
¼ cup chopped nuts
3 tablespoons margarine or butter, softened
2 tablespoons milk

Mix all ingredients.

No-Cholesterol Velvet Crumb Cake: Substitute skim milk or water for the milk or water, 2 egg whites or ¼ cup cholesterol-free egg product for the egg and margarine, softened, for the shortening. Use margarine in topping.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	310	Protein	4%
Protein, g	3	Vitamin A	8%
Carbohydrate, g	39	Vitamin C	*
Fat, g	16	Thiamin	10%
Cholesterol, mg	30	Riboflavin	8%
Sodium, mg	400	Niacin	4%
Potassium, mg	130	Calcium	8%
		Iron	6%

BISQUICK BONUS

Marshmallow Velvet Crumb Cake

Prepare *Velvet Crumb Cake*–except omit Broiled Topping. Before baking, arrange 1 cup miniature marshmallows on batter; sprinkle with ⅓ cup packed brown sugar and ⅓ cup chopped nuts. Bake at 350° for 30 to 35 minutes or until toothpick inserted in center comes out clean. Serve warm.

▲ French Apple Dessert

Streusel Topping (right)
6 cups thinly sliced peeled tart apples (4 to 6 medium)
1 cup sugar
¾ cup Bisquick Original baking mix
¾ cup milk
2 tablespoons margarine or butter, softened
1¼ teaspoons ground cinnamon
¼ teaspoon ground nutmeg
2 eggs

HEAT oven to 350°. Grease rectangular baking dish, 13x9x2 inches. Prepare Streusel Topping; reserve. Spread apples in baking dish.

BEAT remaining ingredients in blender on high speed about 15 seconds, or with wire whisk or hand beater about 1 minute, until smooth. Pour over apples. Sprinkle with topping.

BAKE about 55 minutes or until knife inserted in center comes out clean; cool.

12 to 15 servings.

Streusel Topping

1 cup Bisquick Original baking mix
½ cup chopped nuts
⅓ cup packed brown sugar
3 tablespoons firm margarine or butter

Mix baking mix, nuts and brown sugar. Cut in margarine with fork or pastry blender until mixture is crumbly.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	290	Protein	4%
Protein, g	3	Vitamin A	8%
Carbohydrate, g	43	Vitamin C	2%
Fat, g	12	Thiamin	10%
Cholesterol, mg	35	Riboflavin	8%
Sodium, mg	320	Niacin	4%
Potassium, mg	160	Calcium	6%
		Iron	6%

Caramel-Apple Cake

1½ cups Bisquick Original baking mix
⅔ cup granulated sugar
½ cup milk
2 medium cooking apples, peeled and sliced (about 2 cups)
1 tablespoon lemon juice
¾ cup packed brown sugar
½ teaspoon ground cinnamon
1 cup boiling water
Sweetened whipped cream or ice cream, if desired

HEAT oven to 350°. Mix baking mix and granulated sugar in medium bowl. Beat in milk until smooth. Pour into ungreased square pan, 9x9x2 inches.

ARRANGE apples on batter; sprinkle with lemon juice. Mix brown sugar and cinnamon; sprinkle over apples. Pour boiling water over apples.

BAKE 50 to 60 minutes or until toothpick inserted in center comes out clean. Serve warm with whipped cream.

6 servings.

Caramel-Pear Cake: Substitute 2 cups sliced peeled pears for the apples.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	355	Protein	4%
Protein, g	3	Vitamin A	*
Carbohydrate, g	75	Vitamin C	2%
Fat, g	5	Thiamin	12%
Cholesterol, mg	0	Riboflavin	8%
Sodium, mg	450	Niacin	6%
Potassium, mg	220	Calcium	10%
		Iron	8%

Enjoy this raspberry-flavored version of the traditional pineapple upside-down cake. It's a perfect fall dessert.

Raspberry Upside-down Cake

¼ cup (½ stick) margarine or butter
¼ cup sugar
1½ cups raspberries
2 tablespoons sliced almonds
1½ cups Bisquick Original baking mix
½ cup sugar
½ cup milk or water
2 tablespoons vegetable oil
½ teaspoon vanilla
½ teaspoon almond extract
1 egg
Sweetened whipped cream or ice cream, if desired

HEAT oven to 350°. Heat margarine in round pan, 9x1½ inches, or square pan, 8x8x2 inches, in oven until melted. Sprinkle ¼ cup sugar evenly over melted margarine. Arrange raspberries with open ends up over sugar mixture; sprinkle with almonds.

BEAT remaining ingredients except whipped cream in medium bowl on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Pour batter over raspberries.

BAKE 35 to 40 minutes or until toothpick inserted in center comes out clean. Immediately invert pan onto heatproof serving plate; leave pan over cake a few minutes. Remove pan. Let cake stand at least 10 minutes before serving. Serve warm with whipped cream.

9 servings.

Pear Upside-down Cake: Substitute packed brown sugar for the sugar and 1 large pear, thinly sliced, for the raspberries. Substitute chopped pecans for the almonds. Increase vanilla to 1 teaspoon; omit almond extract. Add ½ teaspoon ground mace or cinnamon with the vanilla.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	255	Protein	4%
Protein, g	3	Vitamin A	8%
Carbohydrate, g	32	Vitamin C	4%
Fat, g	13	Thiamin	8%
Cholesterol, mg	25	Riboflavin	10%
Sodium, mg	360	Niacin	4%
Potassium, mg	100	Calcium	6%
		Iron	4%

This multi-layered, pumpkin cream filled cake was a big hit in our test kitchens! You will need a three ounce package of hazelnuts for ¾ cup ground hazelnuts.

Pumpkin-Hazelnut Torte

1 can (16 ounces) pumpkin
2½ cups Bisquick Original baking mix
1 cup sugar
¾ cup ground hazelnuts or walnuts
¼ cup shortening
1 cup milk
1 teaspoon pumpkin pie spice
1 teaspoon vanilla
2 eggs
Pumpkin Cream (right)
½ cup chopped hazelnuts or pecans
Dried apricots

HEAT oven to 350°. Grease and flour two round pans, 9x1½ inches. Reserve 1 cup pumpkin for Pumpkin Cream. Beat remaining pumpkin, the baking mix, sugar, ¾ cup ground hazelnuts, the shortening, milk, pumpkin pie spice, vanilla and eggs in large bowl on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Divide batter evenly between pans.

BAKE 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely.

PREPARE Pumpkin Cream. Place one cake layer, rounded side down, on serving plate; spread with ½ of Pumpkin Cream. Top with second cake layer, rounded side up. Spread remaining Pumpkin Cream on top of cake. Garnish with ½ cup chopped hazelnuts and apricots. Refrigerate 1 hour before serving. Refrigerate any remaining cake.

12 servings.

Pumpkin Cream

¾ cup powdered sugar
1½ cups whipping (heavy) cream
½ teaspoon vanilla
¼ teaspoon pumpkin pie spice
1 cup reserved canned pumpkin

Beat all ingredients except pumpkin in chilled large bowl until stiff. Gently fold in pumpkin.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	430	Protein	8%
Protein, g	6	Vitamin A	100%
Carbohydrate, g	48	Vitamin C	2%
Fat, g	24	Thiamin	14%
Cholesterol, mg	70	Riboflavin	14%
Sodium, mg	420	Niacin	6%
Potassium, mg	270	Calcium	12%
		Iron	12%

Top this super-easy tart with fun Bisquick Cutouts (page 66).

▲ Cherry-Almond Tart

2 cups Bisquick Original baking mix
¼ cup sugar
¼ cup (½ stick) margarine or butter, softened
1 can (21 ounces) cherry pie filling
¼ cup slivered almonds, toasted
¼ teaspoon almond extract

HEAT oven to 375°. Mix baking mix and sugar. Cut in margarine with fork or pastry blender until mixture is crumbly. Press firmly on bottom and up side of ungreased tart pan with removable bottom or quiche pan, about 9x1 inch.

BAKE 12 to 15 minutes or until light brown; cool. Remove side of pan.

MIX pie filling, almonds and almond extract; spread evenly over crust. Cut into wedges. Serve with whipped topping if desired.

8 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	290	Protein	4%
Protein, g	3	Vitamin A	8%
Carbohydrate, g	43	Vitamin C	*
Fat, g	12	Thiamin	12%
Cholesterol, mg	0	Riboflavin	10%
Sodium, mg	490	Niacin	8%
Potassium, mg	120	Calcium	6%
		Iron	6%

This delicious carrot cake has a crumb topping and powdered sugar glaze instead of cream cheese frosting. It has about half the fat and cholesterol of traditional carrot cake.

Easy Carrot Crumb Cake

- 1½ cups Bisquick Original baking mix
- ½ cup granulated sugar
- ¼ cup milk
- 2 tablespoons margarine or butter, melted
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon vanilla
- 1 egg
- 1 cup shredded carrots (about 1½ medium)
- ½ cup flaked coconut
- ½ cup finely chopped pecans
- ¼ cup packed brown sugar
- ¼ cup Bisquick Original baking mix
- 2 tablespoons margarine or butter, softened
- ½ cup powdered sugar
- 2 to 3 teaspoons milk

HEAT oven to 350°. Grease and flour square pan, 8x8x2 inches. Mix 1½ cups baking mix, the granulated sugar, ¼ cup milk, 2 tablespoons melted margarine, the cinnamon, nutmeg, vanilla and egg in large bowl. Beat on low speed until smooth. Stir in carrots. Spread in pan.

MIX remaining ingredients except powdered sugar and 2 to 3 teaspoons milk thoroughly. Sprinkle over batter.

BAKE 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Mix powdered sugar and 2 to 3 teaspoons milk until smooth and drizzling consistency; drizzle over warm cake.

8 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	365	Protein	6%
Protein, g	4	Vitamin A	30%
Carbohydrate, g	49	Vitamin C	*
Fat, g	17	Thiamin	14%
Cholesterol, mg	25	Riboflavin	10%
Sodium, mg	470	Niacin	6%
Potassium, mg	170	Calcium	8%
		Iron	8%

Enjoy this moist snacking cake for an easy weeknight dessert.

Cocoa-Cinnamon Cake

- 1½ cups Bisquick Original baking mix
- ½ cup sugar
- ¼ cup cocoa
- ½ cup water
- ¼ cup vegetable oil
- 1 teaspoon vanilla
- ½ teaspoon ground cinnamon
- 1 egg
- Toasted Pecan Topping (right)

HEAT oven to 350°. Grease square pan, 8x8x2 inches, or round pan, 9x1½ inches.

BEAT all ingredients except Toasted Pecan Topping in large bowl on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally. Pour into pan.

BAKE 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Prepare Toasted Pecan Topping; spread over warm cake. Set oven control to broil. Broil cake with top 3 inches from heat 2 to 3 minutes or until topping is golden brown.

8 servings.

Toasted Pecan Topping

- ⅓ cup flaked coconut
- ⅓ cup packed brown sugar
- ⅓ cup chopped pecans
- 3 tablespoons margarine or butter, softened
- 2 tablespoons milk

Mix all ingredients.

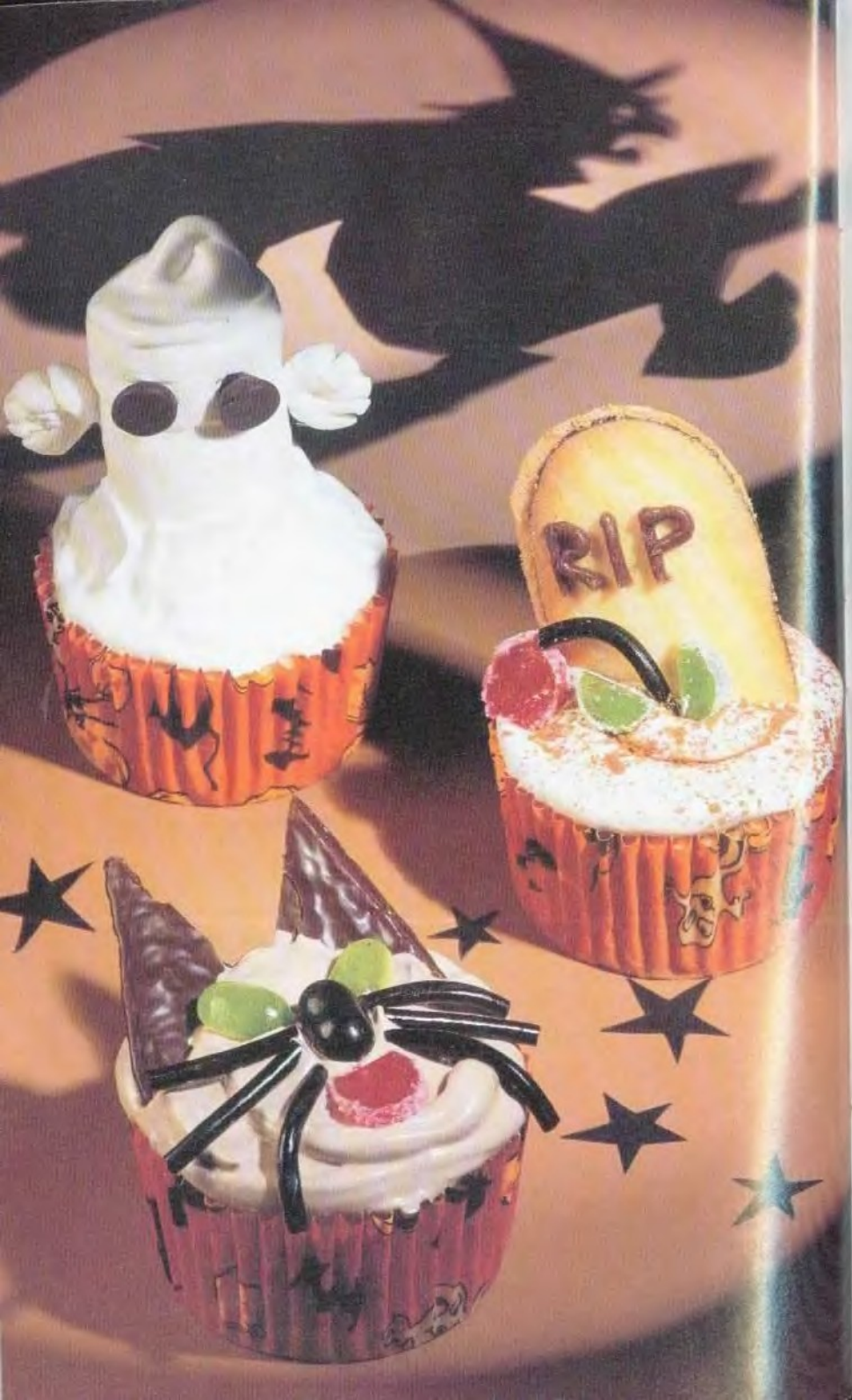
Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	350	Protein	4%
Protein, g	3	Vitamin A	6%
Carbohydrate, g	39	Vitamin C	*
Fat, g	20	Thiamin	12%
Cholesterol, mg	25	Riboflavin	8%
Sodium, mg	390	Niacin	4%
Potassium, mg	150	Calcium	6%
		Iron	8%

BISQUICK BONUS

Velvet Crumb Cake with Honey Crisp Topping

Prepare and bake *Velvet Crumb Cake* (page 70). Prepare Honey Crisp Topping: Mix ½ cup crushed Wheaties or whole-grain Total® cereal, ¼ cup shredded coconut, ⅓ cup honey, 3 tablespoons margarine or butter, softened, and 1 can (8¼ ounces) crushed pineapple, drained. Spread topping over warm cake. Set oven control to broil. Broil cake about 3 inches from heat about 3 minutes or until mixture is golden brown.



These kid-pleasing cupcakes are perfect for birthdays or school parties. Children will love to help with the decorating.

Halloween Party Cupcakes

- 1½ cups Bisquick Original baking mix
- ½ cup sugar
- ½ cup milk or water
- 2 tablespoons shortening
- 1 teaspoon vanilla
- 1 egg
- 1 package Betty Crocker fluffy white frosting mix

HEAT oven to 375°. Grease and flour medium muffin cups, 2½x1¼ inches, or line with paper baking cups.

BEAT all ingredients except frosting mix in large bowl on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Fill muffin cups about one-third full.

BAKE about 15 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan; cool completely. Prepare frosting mix as directed on package. Frost and decorate cupcakes as directed below.

16 cupcakes.

Black Cat: For each cupcake, you will need 1 square chocolate wafer thin mint, small pieces black shoestring licorice, 3 small jelly beans, 1 small gumdrop. Stir small amount of cocoa into frosting until desired color. Frost cupcake with frosting. Cut mint diagonally into fourths; place 2 pieces on cupcake for ears. (Reserve remaining pieces for another cat.) Use jelly beans for eyes and nose; use licorice for whiskers. Cut gumdrop to use for mouth.

Ghost: For each cupcake, you will need 2 large marshmallows, 2 miniature marshmallows, 2 semisweet chocolate chips. To make ghost, cut 1 large marshmallow in half; attach cut marshmallow to whole marshmallow with small amount of frosting. (Reserve remaining marshmallow half for another ghost.) For eyes, press chocolate chips into marshmallow head. For hands, make 4 small cuts in each miniature marshmallow to form fingers; flatten slightly. Attach marshmallow hands to ghost with frosting. Frost cupcake; place ghost on top. Frost top and bottom of ghost.

Gravestone: For each cupcake, you will need 1 oval cookie, black shoestring licorice, 1 small gumdrop. Frost cupcake; sprinkle with cocoa. Decorate cookie to resemble gravestone; press into cupcake. Make flower using licorice and cut gumdrop.

Nutrition Information Per Serving

1 cupcake		Percent of U.S. RDA	
Calories	180	Protein	2%
Protein, g	2	Vitamin A	*
Carbohydrate, g	32	Vitamin C	*
Fat, g	5	Thiamin	8%
Cholesterol, mg	15	Riboflavin	6%
Sodium, mg	360	Niacin	4%
Potassium, mg	45	Calcium	4%
		Iron	4%

Choose tart cooking and baking apples such as Rome Beauty, Cortland and Winesap to make this delicious filling.

Cranberry-Apple Shortcakes

Cranberry-Apple Filling (right)
2½ cups Bisquick Original baking mix
½ cup milk
3 tablespoons sugar
3 tablespoons margarine or butter, melted

PREPARE Cranberry-Apple Filling; reserve. Heat oven to 425°. Mix remaining ingredients until soft dough forms.

TURN dough onto surface lightly dusted with baking mix; gently roll in baking mix to coat. Gently smooth into ball; knead 8 to 10 times. Roll ½ inch thick. Cut with 3-inch round cutter dipped in baking mix. Place on ungreased cookie sheet.

BAKE 10 to 12 minutes or until golden brown. Split shortcakes horizontally. Fill and top shortcakes with filling. Top with whipped topping if desired.

6 servings.

Cranberry-Apple Filling
2 cups cranberries
⅓ cup apple juice
2 cups thinly sliced peeled cooking apples (1 to 2 medium)
⅔ cup sugar
½ cup apple juice
1 tablespoon cornstarch

Heat cranberries and ⅓ cup apple juice to boiling in 2-quart saucepan. Stir in apples; reduce heat. Simmer uncovered about 5 minutes or until apples are softened. Mix remaining ingredients; stir into cranberry mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Serve warm or cool.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	430	Protein	6%
Protein, g	4	Vitamin A	8%
Carbohydrate, g	74	Vitamin C	4%
Fat, g	13	Thiamin	20%
Cholesterol, mg	2	Riboflavin	14%
Sodium, mg	790	Niacin	10%
Potassium, mg	200	Calcium	12%
		Iron	10%

Our orange-flavored version of this classic American dessert is lower in fat and cholesterol-free.

Outrageously Orange Shortcakes

Orange Filling (right)
2½ cups Bisquick Original baking mix
3 tablespoons sugar
2 tablespoons margarine or butter, melted
2 teaspoons poppy seed
1 container (6 ounces) Yoplait Original orange yogurt (about ⅔ cup)

HEAT oven to 425°. Prepare Orange Filling. Mix remaining ingredients until soft dough forms.

TURN dough onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead gently 8 to 10 times. Roll ½ inch thick. Cut with 3-inch round cutter dipped in baking mix. Place on ungreased cookie sheet.

BAKE 9 to 11 minutes or until golden brown. Split shortcakes horizontally. Fill and top shortcakes with filling. Top with dollop of orange yogurt if desired.

6 servings.

Orange Filling
1 orange
1 can (15 ounces) mandarin orange segments, drained and syrup reserved
1 tablespoon cornstarch

Grate 1½ teaspoons peel from orange; reserve. Squeeze juice from orange; add enough reserved mandarin orange syrup to equal ⅔ cup. Mix orange juice mixture, reserved orange peel and the cornstarch in 1½-quart saucepan. Cook over medium heat, stirring constantly, until mixture thickens and boils. Stir in mandarin orange segments. Remove from heat; cool.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	355	Protein	8%
Protein, g	5	Vitamin A	6%
Carbohydrate, g	57	Vitamin C	22%
Fat, g	12	Thiamin	22%
Cholesterol, mg	0	Riboflavin	16%
Sodium, mg	770	Niacin	10%
Potassium, mg	260	Calcium	16%
		Iron	10%

BISQUICK BONUS

Apple-Cheese Shortcakes

Prepare the shortcakes as directed in *Cranberry-Apple Shortcakes (page 80)*–except stir in ⅓ cup shredded Cheddar cheese. Split shortcakes; spoon warm apple pie filling over bottom halves. Place tops on shortcakes, and spoon additional pie filling over tops.

You can prepare this luscious peach and caramel topping up to an hour before serving.

Peach-Toffee Shortcakes ▸

2⅓ cups Bisquick Original baking mix
½ cup milk
3 tablespoons packed brown sugar
3 tablespoons margarine or butter, melted
Peach-Toffee Topping (right)

HEAT oven to 425°. Mix baking mix, milk, brown sugar and margarine until soft dough forms. Turn dough onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead gently 8 to 10 times. Roll ½ inch thick. Cut with 3-inch round cutter dipped in baking mix. Place on ungreased cookie sheet.

BAKE 8 to 11 minutes or until golden brown. Cool 10 minutes. Prepare Peach-Toffee Topping.

SPLIT shortcakes horizontally. Fill and top shortcakes with topping.

6 servings.

Peach-Toffee Topping

1½ cups whipping (heavy) cream
¼ cup caramel ice-cream topping (room temperature)
2 tablespoons powdered sugar
2 bars (1.4 ounces each) chocolate-covered toffee candy, crushed*
2 to 3 peaches, cut into ½-inch pieces (2 cups)**

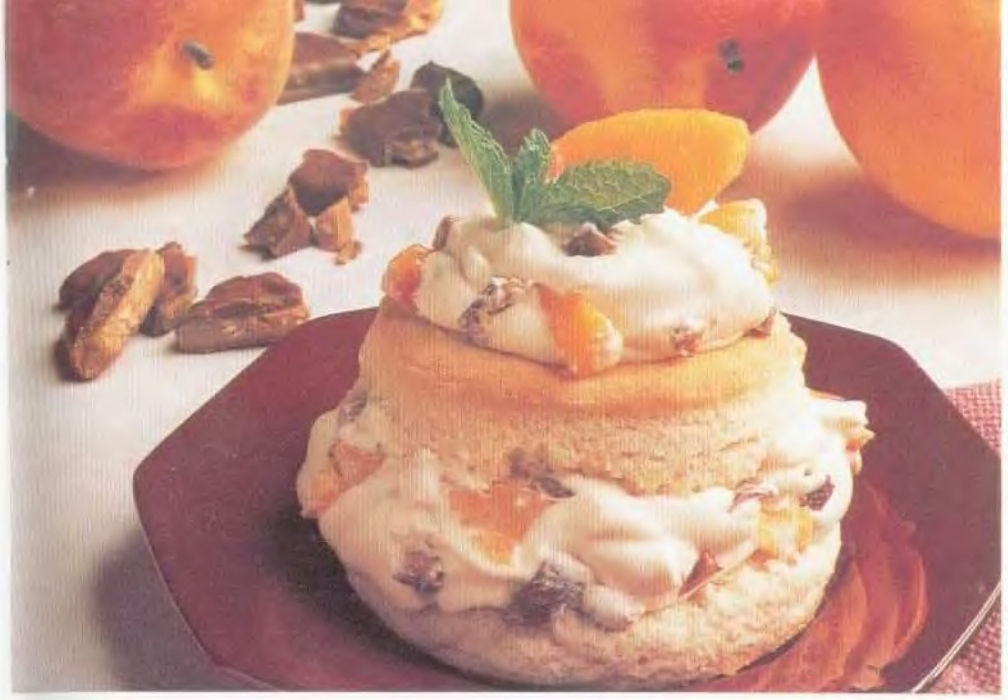
Beat whipping cream, ice-cream topping and powdered sugar in chilled large bowl until stiff. Stir in candy and peaches.

*Place toffee bars in freezer for several hours to make them easier to crush.

**1 package (16 ounces) frozen sliced peaches, thawed, drained and cut into ½-inch pieces, can be substituted for the fresh peaches.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	590	Protein	8%
Protein, g	6	Vitamin A	26%
Carbohydrate, g	60	Vitamin C	2%
Fat, g	36	Thiamin	18%
Cholesterol, mg	75	Riboflavin	20%
Sodium, mg	840	Niacin	10%
Potassium, mg	270	Calcium	18%
		Iron	8%



Praline Cheesecake Squares

4 cups Bisquick Original baking mix
½ cup granulated sugar
½ cup flaked coconut
⅓ cup margarine or butter, softened
2 tablespoons cocoa
1 egg
2 packages (8 ounces each) cream cheese, softened
2 eggs
¾ cup granulated sugar
2 teaspoons vanilla
2 cups sour cream
¼ cup packed brown sugar
1 tablespoon vanilla
⅓ cup flaked coconut
⅓ cup chopped pecans

HEAT oven to 350°. Beat baking mix, ½ cup granulated sugar, ½ cup coconut, the margarine, cocoa and 1 egg in large bowl on low speed until crumbly. Press lightly in ungreased rectangular pan, 13x9x2 inches.

BEAT cream cheese, 2 eggs, ¾ cup granulated sugar and 2 teaspoons vanilla until smooth and fluffy. Spread over crust.

BAKE about 25 minutes or until set. Mix sour cream, brown sugar and 1 tablespoon vanilla until smooth. Immediately spread over cheesecake. Mix ⅓ cup coconut and the pecans; sprinkle over cheesecake. Cool 15 minutes. Cover and refrigerate at least 5 hours.

18 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	390	Protein	8%
Protein, g	6	Vitamin A	18%
Carbohydrate, g	38	Vitamin C	*
Fat, g	24	Thiamin	12%
Cholesterol, mg	80	Riboflavin	14%
Sodium, mg	520	Niacin	6%
Potassium, mg	150	Calcium	10%
		Iron	8%

Serve this streusel-topped pie warm with slices of Cheddar cheese cut into pear or heart shapes.

Pear-Raisin Pie

Streusel Topping (right)
1 cup Bisquick Original baking mix
¼ cup (½ stick) margarine or butter, softened
2 tablespoons boiling water
½ cup pineapple juice
½ cup raisins
1 tablespoon cornstarch
⅛ teaspoon ground nutmeg
⅛ teaspoon ground ginger
4 cups sliced peeled pears (about 3 medium)

HEAT oven to 375°. Prepare Streusel Topping; reserve. Mix baking mix and margarine in medium bowl. Add boiling water; stir vigorously until very soft dough forms. Press dough firmly into ungreased pie plate, 9x1¼ inches, using hands dusted with baking mix, bringing dough onto rim of pie plate. Flute if desired.

MIX pineapple juice, raisins, cornstarch, nutmeg and ginger in 2-quart saucepan. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in pears. Spoon into pie plate. Sprinkle with topping.

BAKE 25 to 30 minutes or until crust and topping are light golden brown.

8 servings.

Streusel Topping
⅔ cup quick-cooking oats
½ cup Bisquick Original baking mix
⅓ cup packed brown sugar
¼ cup (½ stick) firm margarine or butter

Mix oats, baking mix and brown sugar. Cut in margarine with fork or pastry blender until mixture is crumbly.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	345	Protein	4%
Protein, g	3	Vitamin A	16%
Carbohydrate, g	50	Vitamin C	4%
Fat, g	15	Thiamin	14%
Cholesterol, mg	0	Riboflavin	8%
Sodium, mg	460	Niacin	6%
Potassium, mg	290	Calcium	6%
		Iron	8%

BISQUICK BONUS

Triple Fruit Cobbler

Follow recipe for *Fresh Blueberry Cobbler* (page 85)–except substitute 2 cups sliced unpeeled peaches, 1 cup sliced unpeeled plums and 1 cup fresh blackberries for the blueberries, increase sugar in fruit mixture to ¾ cup and increase cornstarch to 3 tablespoons.

Fresh Blueberry Cobbler

½ cup sugar
1 tablespoon cornstarch
4 cups fresh blueberries
2 tablespoons water
1 teaspoon lemon juice
1 cup Bisquick Original baking mix
¼ cup milk
1 tablespoon sugar
1 tablespoon margarine or butter, melted

HEAT oven to 425°. Mix ½ cup sugar and the cornstarch in 2-quart saucepan. Stir in blueberries, water and lemon juice. Heat to boiling, stirring constantly. Boil and stir 1 minute. Pour into ungreased 2-quart casserole.

MIX remaining ingredients until soft dough forms. Drop dough by 6 tablespoonfuls onto hot blueberry mixture.

BAKE about 15 minutes or until golden brown.

6 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	235	Protein	4%
Protein, g	2	Vitamin A	4%
Carbohydrate, g	46	Vitamin C	10%
Fat, g	5	Thiamin	10%
Cholesterol, mg	0	Riboflavin	8%
Sodium, mg	320	Niacin	6%
Potassium, mg	130	Calcium	4%
		Iron	4%

Nutrition Information Per Serving for each recipe includes the amounts of calories, protein, carbohydrate, fat, cholesterol, sodium and potassium plus Percentage of U.S. RDAs for protein, vitamins A and C, thiamin, riboflavin, niacin, calcium and iron. Set by the Food and Drug Administration and based on the needs of most healthy adults, Percentage of U.S. RDAs reflects the amounts of many nutrients needed to remain healthy.

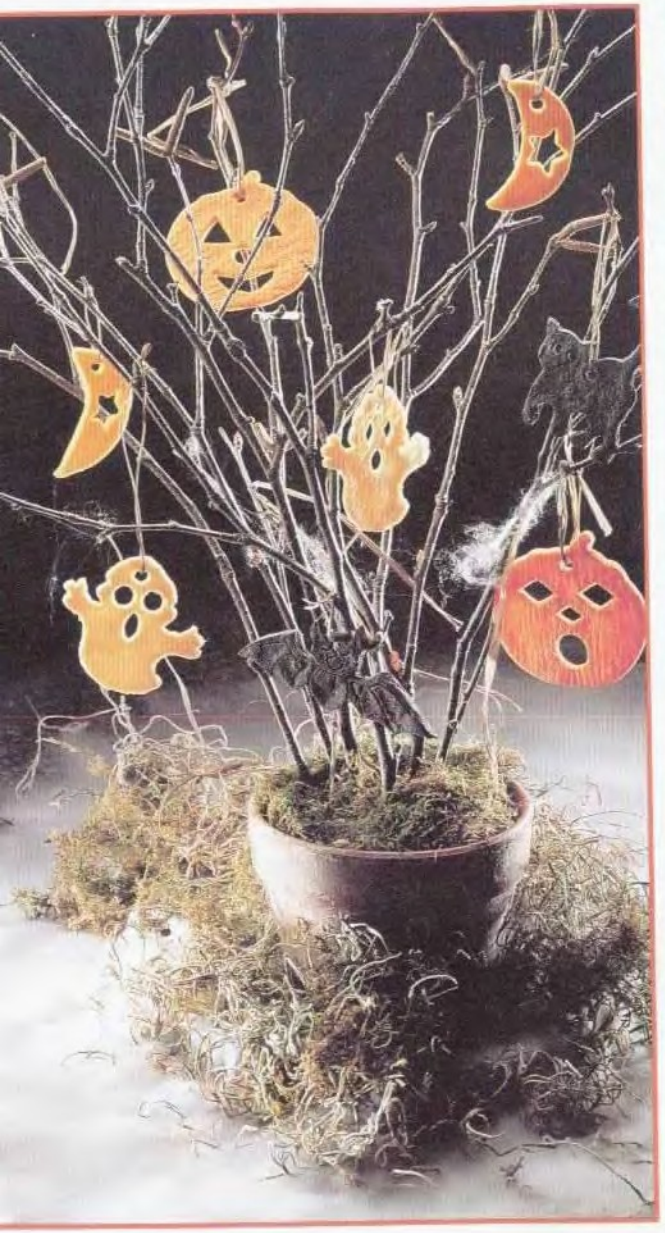
- If ingredient choices are given, the first listed ingredient is used in recipe nutrition information calculations.
- When ingredient ranges or more than one serving size is indicated, the first weight or serving is used to calculate nutrition information.
- An asterisk (*) indicates that the recipe contains less than 2% U.S. RDA of those nutrients.
- "If desired" ingredients and recipe variations are not included in nutrition information calculations.

Guidelines for daily nutrient needs of healthy adults are listed below.

Calories:	2000
Fat:	no more than 67 grams
Cholesterol:	300 mg or less
Sodium:	2200 mg

Health experts recommend no more than 30% of daily calories come from fat. Use the following example to determine the percentage of daily calories from fat.

?? Fat Grams x 9 Calories per Fat Gram ÷ ?? Total Calories x 100 = % Calories From Fat.



Spooky Halloween Tree–A boo-tiful party centerpiece!

- Place 12- to 16-inch tree branch in 4-inch clay pot. Fill clay pot with rocks.
- Prepare Bisquick Fun Dough (page 51). Heat oven to 225°. Roll dough about ⅛ inch thick between cooking parchment paper. Cut out Halloween shapes with cookie cutters, cutting out eyes, nose etc. if desired; make hole in top using end of plastic straw. Place on ungreased cookie sheet.
- Bake 1 hour; turn ornaments over. Bake 1 to 1½ hours longer or until ornaments sound brittle when tapped. (If dough is thicker than ⅛ inch, bake time will be longer.) Cool completely on wire rack.
- Tie ribbon or yarn through hole to hang. Hang ornaments on tree. DO NOT EAT.

Pineapple-Walnut Muffins

1 egg
2 cups Bisquick Original baking mix
⅓ cup packed brown sugar
½ teaspoon ground nutmeg
½ cup milk
2 tablespoons vegetable oil
1 can (8 ounces) crushed pineapple in juice, undrained
½ cup chopped walnuts

Heat oven to 400°. Grease bottoms only of 12 medium muffin cups, 2½x1¼ inches, or line with paper baking cups. Beat egg slightly in large bowl. Stir in remaining ingredients just until moistened. Divide batter evenly among muffin cups. Bake 15 to 18 minutes or until light golden brown.

1 dozen muffins.

FROM THE KITCHEN OF

Carol Covitz
Cape Cod, Massachusetts

Carol Covitz gets rave reviews when she serves these yummy muffins and coffee cake at her charming Victorian inn on Cape Cod. As the owner and chef, she insists on Bisquick for all her pancakes, waffles and muffins because "it's consistent, easy to use and gives me great results!"

Cranberry-Apricot Coffee Cake

3 cups Bisquick Original baking mix
¾ cup sugar
¼ cup olive or vegetable oil
1½ teaspoons almond extract
2 eggs or 3 egg whites
1 container (8 ounces) plain nonfat yogurt
2 cups fresh or frozen cranberries, chopped
1 cup dried apricots, coarsely chopped
½ cup finely chopped almonds or pecans
¼ cup orange-flavored liqueur or orange juice

Heat oven to 350°. Generously grease and flour 12-cup bundt cake pan. Mix baking mix, sugar, oil, almond extract, eggs and yogurt in large bowl. Stir in remaining ingredients. Pour into pan. Bake 50 to 55 minutes or until toothpick inserted near center comes out clean. Cool 15 minutes; remove from pan. Cool completely. If desired, frost with mixture of 1 cup powdered sugar, 2 tablespoons orange juice and ½ teaspoon almond extract.

16 servings.

Easy Pancakes

2 cups Bisquick Original baking mix
2 eggs
1 cup milk

HEAT griddle or skillet; grease if necessary. Beat all ingredients with wire whisk or hand beater until well blended.

POUR batter by scant ¼ cupfuls onto hot griddle.

COOK until edges are dry. Turn; cook until golden brown.

About 13 pancakes.

Bran Pancakes: Increase milk to 1⅓ cups. Fold in ½ cup bran cereal shreds. About 16 pancakes.

Sweet Cornmeal Pancakes: Increase milk to 1⅓ cups. Beat in ½ cup yellow cornmeal and 2 tablespoons sugar. About 16 pancakes.

Whole Wheat Pancakes: Increase milk to 1⅓ cups. Beat in ½ cup Gold Medal® whole wheat flour. About 15 pancakes.

No-Cholesterol Easy Pancakes: Substitute 3 egg whites or ½ cup cholesterol-free egg product for the eggs. Use skim milk.

Nutrition Information Per Serving

1 pancake		Percent of U.S. RDA	
Calories	95	Protein	4%
Protein, g	3	Vitamin A	2%
Carbohydrate, g	12	Vitamin C	*
Fat, g	4	Thiamin	8%
Cholesterol, mg	35	Riboflavin	8%
Sodium, mg	280	Niacin	4%
Potassium, mg	60	Calcium	6%
		Iron	4%

You can freeze any extra pancakes. When they're cool, place them between sheets of waxed paper and seal in a plastic bag. Reheat them in your microwave or toaster.

Honey-Oat Pancakes

2 cups Bisquick Original baking mix
⅓ cup quick-cooking oats
1¼ cups milk
2 tablespoons honey
1 egg
Honey-Cinnamon Syrup (below)

HEAT griddle or skillet; grease if necessary. Beat all ingredients except syrup with wire whisk or hand beater until well blended.

POUR batter by scant ¼ cupfuls onto hot griddle.

COOK until edges are dry. Turn; cook until golden brown. Serve with Honey-Cinnamon Syrup.

About 14 pancakes.

Honey-Cinnamon Syrup

½ cup (1 stick) margarine or butter
¾ cup honey
½ teaspoon ground cinnamon

Heat all ingredients, stirring occasionally, until hot.

Nutrition Information Per Serving

1 pancake		Percent of U.S. RDA	
Calories	220	Protein	4%
Protein, g	3	Vitamin A	10%
Carbohydrate, g	30	Vitamin C	*
Fat, g	10	Thiamin	8%
Cholesterol, mg	15	Riboflavin	8%
Sodium, mg	340	Niacin	4%
Potassium, mg	80	Calcium	6%
		Iron	4%

Apple-Peanut Butter Popover Pancake

¼ cup peanut butter
⅔ cup water
1 cup Bisquick Original baking mix
4 eggs
3 small apples, thinly sliced (about 2 cups)
3 tablespoons margarine or butter
¼ cup sugar

HEAT oven to 400°. Generously grease rectangular baking dish or pan, 13x9x2 inches. Heat peanut butter and water to boiling in 2-quart saucepan, stirring occasionally. Add baking mix all at once. Stir vigorously over low heat about 1 minute or until mixture forms a ball; remove from heat.

BEAT in eggs, two at a time, with spoon; beat until smooth and glossy after each addition. Spread in pan (do not spread up sides). Bake 30 to 35 minutes or until puffed and center is dry.

COOK apples and margarine in 10-inch skillet 2 to 3 minutes or until apples are slightly tender. Sprinkle sugar over apples. Cut pancake into 6 squares. Top each pancake with apple mixture.

6 servings.

Nutrition Information Per Serving

1 serving		Percent of U.S. RDA	
Calories	305	Protein	12%
Protein, g	8	Vitamin A	12%
Carbohydrate, g	30	Vitamin C	*
Fat, g	17	Thiamin	10%
Cholesterol, mg	140	Riboflavin	16%
Sodium, mg	440	Niacin	10%
Potassium, mg	200	Calcium	6%
		Iron	6%

These hearty pancakes are a great way to use any leftover ham you have tucked away in the refrigerator. They're delicious for brunch or supper.

Ham 'n Apple Pancakes

1 can (21 ounces) apple pie filling
2 cups Bisquick Original baking mix
1 cup milk
2 eggs
¾ cup diced fully cooked smoked ham (about 4 ounces)
½ cup shredded Cheddar cheese
2 tablespoons sliced green onions, if desired

HEAT griddle or skillet; grease if necessary. Heat pie filling until hot; keep warm. Beat baking mix, milk and eggs with wire whisk or hand beater until smooth. Fold in ham, cheese and onions.

POUR batter by scant ¼ cupfuls onto hot griddle.

COOK until edges are dry. Turn; cook until golden brown. Serve with warm pie filling.

About 15 pancakes.

Nutrition Information Per Serving

1 pancake		Percent of U.S. RDA	
Calories	145	Protein	8%
Protein, g	5	Vitamin A	2%
Carbohydrate, g	20	Vitamin C	2%
Fat, g	5	Thiamin	10%
Cholesterol, mg	40	Riboflavin	10%
Sodium, mg	370	Niacin	6%
Potassium, mg	120	Calcium	6%
		Iron	4%

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Betty Crocker points on other side!

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Betty Crocker

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